



May Group Fitness



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yin Yoga 10:15-11:15am Therese *5/19 Ashley	Pure Cycle 5:30-6:30am Stacey *5/27 Holiday Schedule	Vinyasa Flow 5:30-6:30am Stefanie	Pure Cycle 5:30-6:30am Stacey	Vinyasa Flow 5:30-6:30am Stefanie	Pure Cycle 5:30-6:30am Stacey	Gentle Yoga 7:30-8:15am Stefanie
	Pound 8:15-9:00am Linda *5/13 No Class *5/27 Holiday Schedule	Pilates Express 8:30-9:00am Ashley E	Core Circuit 8:30-9:00am Jess J	Pound 8:30-9:15am Linda *5/9 No Class	Bi's & Tri's 8:00-8:30am Jess *5/24 Charlene	Power Punch 7:45-8:45am J.R *5/11 ONLY
	Pure Cycle 9:00-9:45am Cindy *5/20 Jamie I *5/27 Holiday Schedule	Brazilian Flair 8:30-9:15am Aline	Hatha Yoga 8:30-9:30am Dasha	Pilates 8:45-9:15am Ashley	Pure HIIT Cycle 9:00-9:30am Charlene	Vinyasa Flow 9:00-10:00am Stefanie
	Senior Boot Camp 9:15-10:00am Ashley E *5/27 Holiday Schedule	Gentle Yoga 9:10-9:55am Ashley E	Pure Cycle 9:00-10:00am Cindy *5/22 Trish	Balance 9:30-10:00am Ashley E	BodyPump 9:35-10:30am Charlene	Zumba 9:00-10:00am Carla *5/18 Beth *5/25 Beth
	Pilates 10:00-11:00am Ashley E *5/27 Holiday Schedule	Glute Camp 9:30-10:00am Jess J *5/14 No Class	Step 9:00-10:00am Jess J	Booty Barre 10:15-11:00am Ashley E	Gentle Yoga 9:15-10:15am Ashley E	Body Balance 10:15-11:15am Audrey *5/18 No Class
	Booty Barre 5:00-5:45pm Ashley E *5/27 Holiday Schedule	BodyBalance 10:15-11:15am Camm	Senior Boot Camp 10:00-11:00am Jess J	Body Balance 10:15-11:15am Linda *5/9 No Class	Vinyasa Flow 10:30-11:30am Ashley E	Recovery 10:30-11:15am Marisa
	Pure Cycle 5:30-6:30pm Tessa *5/27 Holiday Schedule	Recovery 11:30-12:15pm Marisa	Yin Yoga 10:00-11:00am Dasha	Body Pump 5:30-6:30pm Trish	La Blast 11:00-12:00pm Charlotte	
	Pilates 6:00-7:00pm Ashley E *5/27 Holiday Schedule	BodyPump 5:30-6:25pm Trish	Zumba 5:30-6:30pm Carla *5/15 Tarron	Pure Cycle 5:30-6:30pm Beth *5/23 Briana	Body Pump 5:30-6:30pm Trish	
	Level Up 7:15-8:15pm Tarron *5/27 Holiday Schedule	BodyBalance 6:30-7:15pm Trish	*5/22 Tarron 6:30-7:30pm Carla	BodyBalance 6:30-7:15pm Trish	Level Up	
		Hip Hop 7:00-8:00pm Carla *5/27 Holiday Schedule	Strong 6:30-7:30pm Carla *5/15 No Class *5/22 No Class			



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