



May Group Fitness



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Body Pump 9:15-10:15am Charlene *5/5 Kim	Body Pump 6:15-7:00am Audrey *5/6 Kim	GRIT Cardio 7:00-7:30am Charlene	RPM 5:30-6:15am Lauren *5/22 No Class	SPRINT 7:00-7:30am Charlene	Body Pump 8:15-9:15am Ellen	Stretch & Recover 8:00-8:25am Charlene
Stretch & Flex 10:30-11:00am Charlene *5/5 Kim	*5/27 Holiday Schedule Glute Camp 8:45-9:30am Elena *5/27 Holiday Schedule RPM 9:00-9:45am Sally *5/27 Holiday Schedule Body Blast 9:30-10:15am Elena *5/27 Holiday Schedule TRX Boot Camp 10:30-11:00am Chandi *5/27 Holiday Schedule Fit & Active 10:30-11:15am Elena *5/27 Holiday Schedule Stretch & Recover 11:20-11:50am Elena *5/27 Holiday Schedule TRX Boot Camp 4:00-4:30pm Chandi *5/27 Holiday Schedule GRIT Strength 4:45-5:25pm Charlene *5/27 Holiday Schedule Zumba 5:30-6:15pm Joyce *5/27 Holiday Schedule	Stretch & Recover 7:30-7:55am Charlene LM Core 45 9:00-9:45am Linda *5/14 Charlene Zumba 10:15-11:15am Joyce Funtional Strength 4:30-5:15pm Charlene Body Pump 5:30-6:15pm Aly *5/21 Ellen	Body Pump 6:15-7:00am Kim *5/8 Audrey Shapes 8:15-9:00am Charlene Pure Cycle 9:00-9:30am Rotation Body Pump 9:30-10:15am Jodi TRX Boot Camp 10:30-11:00am Amy Fit & Active 10:30-11:15am Ashley Stretch & Recover 11:20-11:50am Ashley Pure HIIT 4:45-5:25pm Jamie Body Combat 5:30-6:30pm Ellen	LM Core 7:35-8:05am Charlene Body Combat 9:00-10:00am Charlene Glute Camp 10:00-10:45am Amy *5/30 Charlene Strength Developmet 4:30-5:15pm Rotation Body Pump 5:30-6:15pm Audrey Fit & Active 10:30-11:15am Ashley	RPM 9:00-9:45am Lauren *5/24 Sally Body Blast 9:30-10:15am Amanda *5/10 Ashley *5/24 Elena TRX Boot Camp 10:30-11:00am Amy *5/31 Chandi Fit & Active 10:30-11:15am Amanda *5/10 Ashley *5/24 Elena Tread 30 4:00-4:30pm Charlene	RPM 8:30-9:15am *5/4 Release 101 *5/11 Sally *5/18 Kim *5/25 No Class Body Combat 8:30-9:30am Charlene LM Core 9:30-10:00am Charlene Zumba 10:15-11:15am Joyce



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*** Register for all classes through our Pure Family Fitness App up to 24hrs in advance***

*** Low class enrollments are subject to cancellation***

