



# May Group Fitness



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Hatha Yoga 8:00-9:00am Michael <b>*5/27 Holiday Schedule</b>	Hatha Yoga 9:00-10:00am Michael	Yoga 8:00-9:00am Michael	Tai- Chi 8:00-8:45am Casey	Gentle Yoga 6:30-7:30am Stefanie	Gentle Yoya 8:00-9:00am Casey
	Body Blast 9:00-9:45am Kelli <b>*5/27 Holiday Schedule</b>	Body Pump 9:00-10:00am Chrissy	Fit Barre 9:15-10:00am Ashley	Body Blast 9:00-10:00am Kelli *5/9 Alyssa	Yin Yoga 8:00-9:00am Stefanie	Sprint 8:15-8:45am Deena *5/4 Alyssa
	Fit Barre 10:00-10:45am Tina <b>*5/27 Holiday Schedule</b>	Sprint 10:00-10:30am Kelli	Zumba 10:00-11:00am Chrissy	Fit Barre 10:15-11:00am Bree 	Fit Barre 8:30-9:30am Ashley	Body Combat 8:15-9:00am Natasha
	Fit-N-Active 11:00-12:00pm Kelli <b>*5/27 Holiday Schedule</b>	Zumba 10:15-11:15am Chrissy	Fit-N-Active 11:00-12:00pm Chrissy	Gentle Yoga Flow 9:00-10:00am Casey	Zumba 9:30-10:30am Ashley	Body Pump 9:00-10:00am Deena
	Body Combat 5:30-6:30pm Natasha <b>*5/27 Holiday Schedule</b>	Core Conditioning 10:35-11:05am Kelli	Sprint 6:00-6:30pm Alyssa	Body Pump 5:30-6:30pm Ashley	Sprint 9:30-10:00am Kelli *5/3 Trish	Body Pump *5/18 Alyssa Core & More 9:30-10:15
	Lunar Yoga Flow 6:30-7:15pm Casey <b>*5/27 Holiday Schedule</b>	Zumba 6:30-7:30pm Ashley	Body Combat 6:35-7:20pm Alyssa	Zumba 6:30-7:15pm Ashley	Stretch & Restore 10:30-11:00am Chrissy	Zumba  10:15-11:15
	Hip Hop 6:30-7:30pm Carla *5/13 No Class <b>*5/27 Holiday Schedule</b>		Tai-Chi 6:30-7:15pm Casey	Yoga Flow 6:30-7:30pm Tina 	Fit-N-Active 11:00-12:00pm Chrissy	



Seaford DE  
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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\*\*\*