











# MAY GROUP FITNESS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LEGS N CORE</b> 9:30-10:15am Jess S-Studio 1 *5/5 Jess A.	<b>BODYPUMP</b> 5:45-6:30am Lynn-Studio 1 *5/6 Sarah	<b>BODY BLAST</b> 5:45-6:30am Jess S- Studio 1 *5/7 Amanda	<b>GENTLE YOGA</b> 5:45-6:45am Nicole B-Studio 2	<b>BODY BLAST</b> 5:45-6:30am Jess S-Studio 1	<b>HIIT CYCLE</b> 5:45-6:15am Kevin	<b>FIT BARRE</b> 8:15-9:15am Nicole B-Studio 2 *5/4 Tessa
<b>GENTLE YOGA</b> 10:30-11:30am 5/12-Britta 5/19-Jenee 5/26-Michael	<b>*5/27-Special Sched*</b> <b>Yoga Barre Fusion</b> 5:45-6:45am Nicole B-Studio 2 *5/27-Special Sched*	<b>POWER YOGA</b> 5:45-6:45am Jenee-Studio 2	<b>BODYPUMP</b> 5:45-6:30am Jolene-Studio 1	<b>POWER YOGA</b> 5:45-6:45am Jenee-Studio 2 *5/16 Nicole B.	<b>BODYPUMP</b> 5:45-6:30am Donnie-Studio 1 *5/17 Sarah	<b>GROUP CYCLE</b> 8:15-9am 5/4-Maria 5/11-Lynn 5/18-Maria 5/25-Lynn
	<b>HIT CYCLE</b> 5:45-6:15am Kevin *5/27-Special Sched*	<b>SENOR BOOTCAMP</b> 9-9:45am Lynn	<b>GROUP CYCLE</b> 5:45-6:30am Lynn	<b>SPRINT</b> 5:45-6:15am Lauren	<b>GENTLE YOGA</b> 6-6:45am Carol Anne-Studio 2	<b>GROUP CYCLE</b> 8:15-9am Britt-Studio 1
	<b>GROUP CYCLE</b> 8:15-9am Maria *5/27-Special Sched*	<b>FIT BARRE</b> 8:30-9:30am Karen-Studio 2	<b>HATHA YOGA</b> 9-10am Patty-Studio 2 *5/15 Britta	<b>Barre &amp; Pilates</b> 8:30-9:30am Karen-Studio 2 *5/2 Melanie	<b>PILATES</b> 9-10am Melanie-Studio 2	<b>BODY COMBAT EXPRESS</b> 8:15-9am Britt-Studio 1
<b>CHECK US OUT ON INSTAGRAM</b>	<b>BODY BLAST</b> 9-10am Melanie-Studio 1 *5/27-Special Sched*	<b>GENTLE YOGA</b> 9:30-10:30am Britta-Studio 2	<b>BODY BLAST</b> 9-10am Melanie-Studio 1	<b>SENOR BOOTCAMP</b> 9-9:45am LeeAnne-Studio 1	<b>SENOR BOOTCAMP</b> 9-9:45am LeeAnne-Studio 1	<b>BODYPUMP</b> 9:15-10:15am 5/4-Julie-Studio 1
	<b>HATHA YOGA</b> 9-10am Patty-Studio 2 *5/27-Special Sched*	<b>LEGS N CORE</b> 4:30-5:15pm Jess S- Studio 1 *5/7 & 5/21 Jess A.	<b>PILATES</b> <b>2/27</b> 4:30-5:25pm Nicole A-Studio 2	<b>CHAIR YOGA</b> 11:30-12:30pm Roma-Studio 1 *NO CLASS 5/30*	<b>PILATES</b> 4:30-5:25pm Nicole A-Studio 2	<b>BODYPUMP</b> 5/4-Julie-Studio 1
<b>CHECK US OUT ON OUR WEBSITE</b>	<b>FIT BARRE</b> 4:30-5:25pm Nicole A-Studio 2 *5/27-Special Sched*	<b>PILATES</b> 5:30-6:25pm Melanie-Studio 2	<b>LES MILLS CORE</b> 4:45-5:15pm Donnie	<b>LEGS N CORE</b> 4:30-5:15pm Jess S-Studio 1 *5/2 Jess A.	<b>STRETCH &amp; BORE</b> 5:30-6:30pm Jess S-Studio 2 *5/3 Jess A.	<b>WARM VINYASA YOGA</b> 10:15-11:30am Patty-Studio 2
	<b>GROUP CYCLE</b> 5:30-6:15pm Natalie	<b>GROUP CYCLE</b> 5:30-6:15pm Tessa-Studio 2 *5/146 5/21 LeeAnne	<b>ZUMBA</b> 5:30-6:25pm Michelle-Studio 1	<b>FIT BARRE</b> 4:30-5:25pm Susannah-Studio 2	<b>CHAIR DANCE</b> 6:30-8:30pm Britt & Hannah	<b>DANCE FITNESS</b> 10:30-11:30am 5/4-NO CLASS 5/11-Dee 5/18-Julie 5/25-NO CLASS
<b>CHECK US OUT ON FACEBOOK</b>	<b>BODYPUMP</b> 4:30-5:25pm Susannah-Studio 1 *5/6 Julie *5/27-Special Sched*	<b>FIT BARRE</b> 6:30-7:30pm Tessa-Studio 2	<b>FIT BARRE</b> 5:30-6:25pm Nicole A-Studio 2	<b>FIT BARRE</b> 5:30-6:30pm Nicole B-Studio 2 *5/16 Carol Anne	<b>WARM VINYASA YOGA</b> 5:30-6:25pm Julie-Studio 1 *5/2 Lynn	<b>Failure is Success in Progress</b>
	<b>Zumba Tonina</b> 5:30-6:25pm Michelle-Studio 1 *5/13-Dee *5/27-Special Sched*	<b>HIP HOP</b> <b>2/27</b> 6:30-7:30pm Hannah-Studio 1 *5/14 Julie	<b>BELLY DANCE</b> 6:30-7:30pm Roma-Studio 1 *5/1 & 5/15 ONLY*	<b>BODYPUMP</b> 5:30-6:25pm Jolene-Studio 1 *5/2 Lynn	<b>WARM VINYASA YOGA</b> 5:30-6:25pm Aly-Studio 2 *5/27-Special Sched*	
	<b>WARM VINYASA YOGA</b> 5:30-6:25pm Aly-Studio 2 *5/27-Special Sched*	<b>GROUP CYCLE</b> 5:30-6:15pm 5/6-Hayley 5/13-Lynn 5/20-Rachel *5/27-Special Sched*	<b>GROUP CYCLE</b> 5:30-6:15pm Rachel	<b>VOGA FLOW</b> 5:30-6:30pm Nicole B-Studio 2 *5/16 Carol Anne	<b>WARM VINYASA YOGA</b> 5:30-6:25pm Julie-Studio 1 *5/16 Hannah	
<b>LOOK OUT FOR SPECIAL SCHEDULE FOR MEMORIAL DAY</b>	<b>PILATES</b> 6:30-7:15pm Tessa-Studio 2 *5/13 & 5/20 Sue *5/27-Special Sched*	<b>GROUP CYCLE</b> 5:30-6:15pm 5/6-Hayley 5/13-Lynn 5/20-Rachel *5/27-Special Sched*	<b>GROUP CYCLE</b> 5:30-6:15pm Rachel	<b>VOGA FLOW</b> 5:30-6:30pm Nicole B-Studio 2 *5/16 Carol Anne		
	<b>DANCE FITNESS</b> 6:30-7:30am 5/6-Britt 5/13-NO CLASS 5/20-Britt *5/27-Special Sched*					

## LOCATION OF STUDIOS

Studio 1. Located Unstairs  
Studio 2-Yoga Studio, located downstairs  
Cycle Studio, Located Unstairs

ALWAYS  
BE  
INSPIRED