

Group Fitness Schedule: May 2017



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|----------------------------------|----------------------|----------------------------------|----------------------------|----------------------------------|--------------------------|
| 5:30am | Boot Camp (\$) (James) | | Boot Camp (\$) (James) | | Boot Camp (\$) (James) | |
| 5:45am | | | Cycling (Amy) | | | |
| 8:00am | | | | | | Tone & Sculpt (Jen) |
| 8:15am | Mat Pilates (Paula) | | Mat Pilates (Paula) | | | |
| 9:00am | Cycling (Amy) | | | | | Cycling (Brandy) |
| 9:30am | Senior Fit/Silver Sneakers (Jon) | | Senior Fit/Silver Sneakers (Jon) | | Senior Fit/Silver Sneakers (Jon) | |
| 10:00am | | | | | | Total Body Fitness (Jon) |
| 12:00pm | Ab Blast (Jen) | Tone & Sculpt (Alex) | Full Body Blitz (James) | Total Body Fitness (James) | | |
| 5:30pm | Total Body Fitness (Jon) | Inferno 30 (Jon) | Full Body Blitz (Kristin) | Total Body Fitness (Jon) | Cycling (Brandy) | |
| 6:30pm | Zumba (Laura) | Yoga (Pam) | | Yoga (Pam) | | |

Classes marked with a "\$" required an additional fee.
 May schedule begins 5/1/2017.