

# MAY

<b>MONDAY</b>	6:00am-6:55am	Early Bird Burn	Tassie	Studio 1
	6:00am-6:55am	Cycle	Donna	Cycle Studio
	8:00am-8:50am	Fitness Fusion	Mesha	Studio 1
NEW	9:10am-10:05am	High Fitness	Natalie H.	Studio 1
	9:15am-10:10am	Cycle	Mindy	Cycle Studio
	9:30am-10:25am	Core Combo	Gina P.	Studio 2
Aqua	10:00am-11:00am	H2O Fitness	Sara C.	Pool
	10:15am-11:10am	Zumba®	Jae	Studio 1
	11:15am-12:10pm	Tai Chi - "Chen Style"	Florin	Studio 1
	12:30pm-1:25pm	Moving Right Along 2	Kathy	Studio 1
	5:15pm-6:10pm	Posture Perfect	Beth	Studio 2
Aqua	6:00pm-7:00pm	Masters Swim		Pool
	6:15pm-7:10pm	Resistance Training	Sara	Studio 1
	7:15pm-8:20pm	Yoga 2	Sondra	Studio 2
<b>TUESDAY</b>	6:00am-6:55am	High Fitness	Natalie	Studio 2
	6:30am-7:25am	Sculpt	Bob	Studio 1
	8:00am-8:55am	Total Body Sculpt	Dana	Studio 1
	9:10am-10:05am	Step Plus	Dana	Studio 1
	9:15am-10:10am	Postural Stretch	Beth	Studio 2
Aqua	10:00am-11:00am	H2O Fitness	Sara C.	Pool
	10:15am-11:10am	Strength n' Stretch	Kathy	Studio 1
	10:20am-11:30am	Yoga 2	Gina M.	Studio 2
	11:20 -12:05pm	Moving Right Along I	Adrian	Studio 1
	6:15pm-7:10pm	Rush Hour Release	Danielle	Studio 1
Aqua	6:30pm-7:30pm	H2O Fitness 2	Sara C.	Pool
<b>WEDNESDAY</b>	6:00am-6:55am	Early Bird Burn	Tassie	Studio 1
	6:00am-6:55am	Cycle	Maureen	Cycle Studio
	8:00am-8:55am	Retro Cardio	Beth	Studio 1
	9:05am-10:15am	Good Morning Yoga	Lisa	Studio 2
	9:10am-10:05am	High Fitness	Natalie H.	Studio 1
	9:15am-10:10am	Cycle	Mindy	Cycle Studio
Aqua	10:00am-11:00am	H2O Fitness	Maureen	Pool
	10:15am-11:05am	Posture Fusion	Gina	Studio 1
	11:30am-12:30pm	Tai Chi - Beginner	Florin	Studio 1
	12:40pm-1:30pm	Pilates	Adrian	Studio 1
	6:00pm-6:55pm	Posture Fit	Danielle	Studio 1
	7:15pm-8:25pm	Yoga	Natalie	Studio 1

<b>THURSDAY</b>	6:30am-7:45am	Simple Sculpt	Gina P.	Studio 1
	8:00am-8:55am	Total Body Sculpt	Dana	Studio 1
	9:10am-10:05am	Kickboxing	Katy	Studio 1
Aqua	10:00am-11:00am	H2O Fitness	Jean	Pool
	10:15am-11:10am	Tone to the Bone	Sara	Studio 1
	10:30am-11:40am	Yoga	Natalie	Studio 2
	11:15am-12:00pm	Moving Right Along I	Adrian	Studio 1
NEW TIME	1:30pm-2:25pm	Gentle Yoga	Maureen	Studio 1
Aqua	6:00pm-7:00pm	Masters Swim		Pool
	6:15pm-7:10pm	High Fitness	Natalie H.	Studio 2
<b>FRIDAY</b>	6:00am-6:55am	Early Bird Burn	Tassie	Studio 1
	6:00am-6:55am	Cycle	Renae	Cycle Studio
	7:00am-7:55am	Cardio Plus	Bob	Studio 1
	8:00am-8:55am	Retro Cardio	Beth	Studio 1
	8:00am-8:55am	Cycle	Mindy	Cycle Studio
	9:10am-10:05am	Chisel	Tassie	Studio 1
	9:10am-10:05am	Connective Stretch	Beth	Studio 2
Aqua	10:00am-11:00am	H2O Fitness	Adrian	Pool
	10:15am-11:15am	Zumba®	Jae	Studio 2
	10:15am-11:10am	Posture Perfect	Beth	Studio 1
	11:15am-12:10pm	Tai Chi - "Chen Style"	Florin	Studio 1
	12:30pm-1:25pm	Moving Right Along 2	Kathy	Studio 1
<b>SATURDAY</b>	8:30am-9:40am	Good Morning Yoga	Tanya	Studio 2
	8:40am-9:35am	Low Barre	Beth	Studio 1
	9:15am-10:00am	Cycle Plus	Natalie S.	Cycle Studio
	9:45am-10:55am	Yoga Basics	Beth	Studio 2
	10:00am-10:55am	Zumba®	Karen	Studio 1
	11:05am-12:00pm	Total Body Conditioning	Danielle	Studio 1

## **Memorial Day Weekend Schedule**

Saturday, May 25 8:00am – 4:00pm

### **Memorial Day**

Monday, May 27 7:00am – 2:00pm

\*Classes: Fitness Fusion - 8:00am - 8:50am

High Fitness - 9:10am – 10:05am

Childcare open

**Pool & whirlpool will be closed Friday, May 24 – Monday, May 27**