

MAY GROUP FIT SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	AEROBICS ROOM DOWNSTAIRS THURSDAY	YOGA STUDIO UPSTAIRS FRIDAY	CYCLE CLASSES IN CYCLE STUDIO UPSTAIRS SATURDAY	SUNDAY	
5:30	STRENGTH & CONDITION STACI (45)		STRENGTH & CONDITION STACI (45)				MEMORIAL DAY MONDAY, MAY 28 CLUB HOURS 7AM-7PM GROUP FIT CLASSES: 9am BARBELL STRENGTH 10:30 SILVER FITNESS 11:45 BARRE CORE SCULPT 12:05 CYCLE <i>ALL OTHER CLASSES WILL BE CANCELED</i>	
5:45		CYCLE CAMIE (45)			CYCLE CAMIE (45)			
8:15						CYCLE ELIZABETH (45)		
9:00	BARBELL STRENGTH PATTY (60) NO CLASS MAY 14TH	SILVER CHALLENGE KENNA (60)	STRENGTH & CONDITION DANIELLE (60) NO CLASS MAY 9	SILVER CHALLENGE SAMMIE/KENNA (60)	STRENGTH & CONDITION SAMMIE/PATTY/CANDICE (60)	STRENGTH EXPRESS ELIZABETH (30)		
9:00	ALL LEVELS YOGA WENDY (75)		ALL LEVELS YOGA WENDY (75)		YIN YOGA EMILY D (60)			
9:30						YIN YOGA JAN (60)		
9:30						ZUMBA! KAREN (60)		
10:30					YAMUNA BODY ROLLING CHRISTINE (60) NO CLASS MAY 18	SATURDAY MAY 19TH JOIN US FOR A FUN-RAISER for JEFF & EMILY MORTON Special Classes Open to the Public! Raffle Prizes		
10:30	SILVER FITNESS JAN (60)		SILVER FITNESS JAN (60)		SILVER FITNESS JAN (60)			
11:45	BARRE CORE SCULPT JAN (60)		BARRE CORE SCULPT JAN (60)		BARRE CORE SCULPT JAN (60)			
12:05	CYCLE ELIZABETH (45)		CYCLE PATTY (45)		CYCLE ANIKA (45)			
12:15		BOOTCAMP DEDRICK (45)		BOOTCAMP DEDRICK (45)				
4:30	YOGA SEAN (60)		YOGA SEAN (60)					
5:00	STRENGTH EXPRESS NEAL (30) MAY 7 ONLY		STRENGTH EXPRESS RILEY (30) MAY 9TH ONLY					
5:00	PILATES, CORE & MORE CANDICE (30) MAY 14 & 21 ONLY		BARRE CORE SCULPT JAN (30) MAY 16, 23 & 30TH					
5:30	ZUMBA! SUZIE (60)	STRENGTH & CONDITION DANIELLE (45)	PILATES OLIVIA (60)	STEP & STRENGTH NEAL (60)				
5:30	SPECIALTY CLASS RUN & ROW CASSIE (45) MAY 14TH & 21ST ONLY	ALL LEVELS YOGA EM (60)	CYCLE CASSIE (45)	ATHLETIC CONDITIONING ELIZABETH (60) MAY 10, 17 & 24				
5:45	YAMUNA BODY ROLLING CHRISTINE (60) NO CLASS MAY 21 & 28							
6:30	BUTTS & GUTS DEDRICK (45)		BOOT CAMP LUCY (45)					

4-5:15pm
EASY SUNDAY YOGA
 MAY 6
YIN YOGA
 WENDY WETZEL
 MAY 13
GENTLE YOGA
 OLIVIA ROBERTSON
 MAY 20
GENTLE YOGA
 OLIVIA ROBERTSON
 MAY 27
GENTLE YOGA
 OLIVIA ROBERTSON