

MAY GROUP FIT

		CYCLE CLASSES IN CYCLE STUDIO	MEETS IN AEROBICS ROOM	MEETS IN YOGA STUDIO	# PLEASE PROVIDE YOUR OWN WRAPS & GLOVES	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45	MASH UP MOLLY (45)	CYCLE CAMIE (45)	MASH UP MOLLY (45)	MASH UP MOLLY (45)	FRIDAY FREE FOR ALL CAMIE (45)	
8:00						CYCLE CHERYL-NEAL-GRETA (45)
9:00	ALL LEVELS YOGA WENDY (60)	SILVER CHALLENGE JAN (45)	ALL LEVELS YOGA WENDY (60)	SILVER CHALLENGE JAN (45)	PILATES FUSION JAN (45)	YIN YOGA JAN (60)
9:00		SLOW FLOW & STRENGTH YOGA EM (60)		VINYASA FLOW YOGA JACQUI (60)		
9:30	CYCLE EXPRESS JACQUI D (30)		CYCLE EXPRESS ELIZABETH / PATTY (30)		CYCLE EXPRESS ELIZABETH/ PATTY(30)	
10:00		PILATES FUSION JAN (45)		PILATES FUSION JAN (45)		
10:30	SILVER FITNESS JAN (45)		SILVER FITNESS ELIZABETH / JAN (45)		SILVER FITNESS JAN (45)	ZUMBA! KAREN (60)
11:30			ZUMBA! LORNA (60)			
12:00		POWER LUNCH PATTY (45)		POWER LUNCH ELIZABETH (45)		
4:30					YAMUNA BODY ROLLING CHRISTINE (60) NO CLASS MAY 5 & 12	
4:45	PILATES FUSION KELLY (45)		PEAK CONDITIONING GRETA/ JEN C (45)			
5:30		VINYASA FLOW YOGA JACQUI (60)				
5:35	ZUMBA! KAREN (45)		CYCLE GRETA (45) NO CLASS MAY 17 & 24			
6:00		# BOXING DRILLS FELICIA (60) MAY 9 & 23 ONLY	BOOT CAMP FELICIA - FANG (60)	# BOXING DRILLS FELICIA (60) MAY 11 & 25 ONLY		
6:30	CORE STRENGTH EXPRESS FELICIA-FANG (30)					

CLASS DESCRIPTIONS ARE ON THE BACK
CLASS DAYS AND TIMES ARE SUBJECT TO CHANGE