



May Group Fitness Schedule (Virtual & In-Club)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
VIRTUAL ONLY CLASSES	Core Amy W/Stephanie (DA/CI) 8:30am	Body Sculpt Nancy (CI) 9am		Beg Int Yoga Nancy (CI) 11am	Cardio Kickboxing Stephanie (CI) 6am	Pilates Fusion Stephanie (CI) 12pm	Zumba Jenah (DA) 9am
		Pilates Fusion Stephanie (CI) 12pm			Rehab Stretch Piper H (KY) 1pm		
IN CLUB CLASSES	Cycle Peter G 7:15am	Core Class Roni 8am	Tighten & Tone Roni 9am	Full Body Chisel Jozlyn 9am	Tighten & Tone Roni 9am	Cycle Angel 5:45am	Pump & Burn Kelly (DA) 8am
	Core & Stretch Yira 10:30am	Cycle Roni 9am	Athlete Stretch Roni 10am	Cycle Amy H 9am	Cycle Kellie C 9am	Blue Theory Jozlyn 9am	Concert Ride Angel 9am
*All BLUE classes will also be LIVE streaming virtually.		HIIT Circuits Jozlyn 9am	TRX Geoff B 10:30am	Zumba Ayanna 10:45am	Athlete Stretch Roni 10am	Cycle Roni 9am	Barre Jennifer W 9:00am
		Pilates Amy H 9:30am	Better Bodies Kelly (DA) 11am	Cycle Peter G 6:45pm	TRX Travis K 10:30am	Pilates Amy H 9:30am	Full Body Chisel Jozlyn 10am
		Yoga Jan W 10am	Barre Angel 5:15pm		Better Bodies Kelly (DA) 11am	Barre Roni 10am	
		Zumba Ayanna 10:45am	Kids ABC Brittany W 5:30pm		Barre Emily B 5:00pm	Zumba Ayanna 10:45am	
		Cycle Melissa 5:30pm	Barre Angel 6pm		Barre Emily D 5:45pm	Yoga Jan W 11am	
		Cardio Circuit Burn Rachel S 6:30pm	Deep Stretch Angel 6:45pm		Cardio Circuit Burn Rachel S 6:30pm		
CYCLE DROP IN			9am				
WATER AEROBICS		w/ Nancy 9:30am	w/ Cynthia 6pm	w/ Nancy 9:30am	w/ Cynthia 6pm		Aqua Zumba Vivian 10am