

# GROUP FITNESS SCHEDULE

MAY 2024



## MONDAY

- 6:00 AM** Beast Mode with Ed
- 7:00 AM** Intense Cardio with Ed
- 9:00 AM** E-Method with Ed
- 9:30 AM** Deep Core on the Floor with Meredith
- 10:00 AM** Aqua Endurance with Rose
- 10:00 AM** Core Balance Express with Piper
- 6:30 PM** Yin Yoga with Piper

## TUESDAY

- 6:00 AM** Beast Mode with Ed
- 9:00 AM** E-Method with Ed
- 9:00 AM** Hatha Yoga with Meredith
- 10:00 AM** Aqua Fit with Piper
- 6:00 PM** YB Rolling with Mary (Starting May 7)
- 6:15 PM** Move to Lose with Ed

## WEDNESDAY

- 5:45 AM** Cycle Strength with Kelly
- 7:00 AM** Intense Cardio with Ed
- 9:00 AM** E-Method with Ed
- 9:30 AM** Slow Burn Cardio with Meredith
- 10:00 AM** Aqua Fit with MJ
- 6:30 PM** Zumba with Caroline

## THURSDAY

- 6:00 AM** Beast Mode with Ed
- 9:00 AM** Intense Cardio with Ed
- 9:00 AM** Hatha Yoga with Meredith
- 10:00 AM** Aqua Fit with Piper
- 6:15 PM** Move to Lose with Ed

## FRIDAY

- 6:00 AM** Beast Mode with Ed
- 7:00 AM** Intense Cardio with Ed
- 9:00 AM** E-Method with Ed
- 9:00 AM** No Barre Required with Piper
- 10:00 AM** Aqua Fit with Piper
- 10:00 AM** YB Rolling with Mary (Starting May 7)

## SATURDAY

- 7:15 AM** Beast Mode with Ed
- 10:00 AM** Zumba with Caroline
- 10:00 AM** Aqua Fit with Piper

**REMEMBER TO REGISTER FOR CLASSES ON THE APP TO ENSURE NOTIFICATIONS OF CLASS CANCELLATIONS OR CHANGES!**