



# GROUP FITNESS SCHEDULE

MAY 2024



## SUNDAY

- 9:30 AM** Cycle with Suzanne
- 9:30 AM** Aqua Aerobics with Lynn
- 10:30 AM** Yoga with Kari

## MONDAY

- 9:00 AM** Body Sculpt with Nancy
- 10:00 AM** Yoga with Nancy
- 6:00 PM** Cycle with Michelle
- 6:00 PM** Aqua Aerobics with Lynn
- 7:00 PM** Yoga with Carol

## TUESDAY

- 9:00 AM** HITT Bootcamp with Shane
- 10:00 AM** Pilates with Stephanie
- 11:00 AM** YIN Yoga with Shelley
- 11:00 AM** Aqua Aerobics with Laurie

## WEDNESDAY

- 9:00 AM** Body Sculpt with Nancy
- 9:00 AM** Aqua Aerobics with Lynn
- 10:00 AM** Yoga with Nancy
- 5:00 PM** Body Sculpt with Shane
- 6:00 PM** YIN Yoga with Shelley
- 7:00 PM** Cardio Dance with Lucy

## THURSDAY

- 8:30 AM** Yoga with Helene
- 9:30 AM** Cycle with Helene
- 10:00 AM** Pilates with Stephanie
- 11:00 AM** YIN Yoga with Shelley
- 11:00 AM** Aqua Aerobics with Laurie
- 6:00 PM** Bootcamp with Shane
- 7:00 PM** Yoga with Carol

## FRIDAY

- 9:00 AM** Body Sculpt with Shane
- 9:45 AM** Aqua Aerobics with Lucy
- 11:00 AM** Cardio Dance with Lucy
- 12:00 PM** Pilates Fusion with Stephanie

## SATURDAY

- 8:45 AM** Body Sculpt with Michelle
- 9:00 AM** Cycle with Stephanie
- 10:00 AM** Pilates with Michelle
- 11:00 AM** Cardio Dance with Lucy

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