



# GROUP FITNESS SCHEDULE

MAY 2024



## MONDAY

- 8:00 AM** Butts, Guts & Guns with Candace
- 9:00 AM** Cycle with Theo
- 9:00 AM** Straight Strength with Jozlyn
- 9:30 AM** Water Aerobics with Theresa
- 9:30 AM** Pilates with Amy
- 10:00 AM** Yoga with Jan
- 10:45 AM** Zumba with Ayanna
- 5:30 PM** Cycle with Melissa W.

## TUESDAY

- 9:00 AM** Tighten & Tone with Sarah B.
- 10:00 AM** Deep Stretch with Donna
- 10:00 AM** Cycle with Holly
- 10:00 AM** Better Bodies with Kelly
- 5:30 PM** KIDS ABC with Tyler
- 5:30 PM** Barre with Jennifer
- 6:30 PM** Deep Stretch with Donna

## WEDNESDAY

- 9:00 AM** Camp Grit with Jozlyn
- 9:30 AM** Water Aerobics with Theresa
- 10:00 AM** Concert Ride with Holly
- 10:45 AM** Zumba with Ayanna
- 5:30 PM** Cycle with Melissa
- 5:30 PM** Yoga with Kim N.
- 6:00 PM** HIIT with Lauren
- 6:00 PM** Swerk with Michelle
- 6:45 PM** Deep Stretch with Kim N.

## THURSDAY

- 9:00 AM** Tighten & Tone with Sarah B.
- 10:00 AM** Deep Stretch with Donna
- 10:00 AM** Better Bodies with Kelly K.
- 10:00 AM** Cycle with Holly
- 5:15 PM** Barre with Emily
- 5:30 PM** Water Zumba with Cynthia

## FRIDAY

- 9:00 AM** HITT Stacked with Jozlyn
- 9:00 AM** Cycle with Theo
- 9:30 AM** Pilates with Amy
- 9:30 AM** Water Aerobics with Theresa
- 9:30 AM** Swerk with Michelle
- 10:00 AM** Barre with Sara
- 10:45 AM** Zumba with Ayanna
- 11:00 AM** Yoga with Jan

## SATURDAY

- 9:00 AM** Barre with Jennifer
- 9:00 AM** Concert Ride with Lauren
- 10:00 AM** Zumba with Ayanna
- 10:00 AM** HIIT Stacked with Lauren
- 10:00 AM** Deep Stretch with Donna
- 10:30 AM** Water Zumba with Vivian

## SUNDAY

- 9:00 AM** Cycle with Melissa
- 10:00 AM** Core & Stretch with Donna
- 4:00 PM** Water Zumba with Cynthia

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