



GROUP FITNESS SCHEDULE

MAY 2024



MONDAY

- 6:15 AM** Bootcamp with Cathy
- 8:30 AM** Cycle with Cathy
- 9:30 AM** Strength with Cathy
- 9:30 AM** Yoga with Jessica
- 5:45 PM** HITT Cycle with Nicole
- 6:00 PM** Yoga with Jane
- 6:30 PM** Aqua with Angie

TUESDAY

- 6:15 AM** Cycle with Connie
- 9:00 AM** BarreFusion with Traci
- 9:30 AM** Yoga with Veronica
- 10:00 AM** Aqua with Donna
- 5:45 PM** Body Sculpt with Becky

WEDNESDAY

- 6:15 AM** Bootcamp with Annie
- 8:30 AM** Cycle with Traci
- 9:30 AM** Strength with Traci
- 6:00 PM** Cycle with Amy/Joe
- 6:00 PM** Yoga with Kelly
- 6:30 PM** Aqua with Becky

*The first 2-3 Thursdays of the month at 9:00 Barre will be a strength class.

*No Cycle/Barre on Sunday, May 12th

*Memorial Day (5/27) Classes:

8:30am Tabata Annie/Cathy

9:00am Strength - Annie/Cathy

9:30am Yoga -Jessica

11:00am Aqua - Angie

THURSDAY

- 6:15 AM** Cycle with Ana
- 9:00 AM** BarreFusion with Annie
- 9:30 AM** Yoga with Jessica
- 10:00 AM** Aqua with Jennifer
- 5:45 PM** Body Sculpt with Jackie

FRIDAY

- 6:15 AM** Bootcamp with Connie
- 7:30 AM** Cycle with Lynsey
- 9:30 AM** Strength with Traci/Cathy
- 10:00 AM** Aqua with Becky

SATURDAY

- 8:00 AM** Cycle with Annie
- 9:00 AM** Strength with Annie
- 9:00 AM** Aqua with Becky
- 9:30 AM** Yoga with Kelly
- 10:00 AM** Aqua with Becky

SUNDAY

- 9:00 AM** Cycle Express with Annie/Cathy
- 9:30 AM** Barre with Annie/Cathy
- 9:30 AM** Yoga with Jill

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