MAY GROUP EXERCISE SCHEDULE

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		Sunday
Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Aerobic Room
	Cycle/Boot Camp 5:30-6:45 am Danielle K.		Turbokick LIVE 5:30-6:30 am Beth						P90X LIVE LIVE 5:15-6:15 am Emily				Cycle/Boot Camp 5:30-7 am Jen P.			Kettlebell 6-6:30 am Danielle K.	
	Silver-Sneakers Circuit 8-8:45 am Beth	Just for You 9-9:30 am			Just for You 9-9:30 am		Silver-Sneakers Circuit 8-8:45 am	Just for You 9-9:30 am			Just for You 9-9:30 am		Silver-Sneakers Circuit 8-8:45 am Beth	Just for You 9-9:30 am	Muscle Blast 8-8:55 am Gretchen	PIYO LIVE 7-7:55 am Amanda	
Muscle Blast 9-9:55 am Marian	Pilates with Props 9-9:55 am Diane	Just for You 9:45-10:15 am	P90X LIVE 9:30-10:30 am Jen P.	Silver-Sneaker Classic 9-9:45 am Amy	Just for You 9:45-10:15 am	Muscle Blast 9-9:55 am Michaela	PIYO LIVE 9-9:55 am Diane/Jen P.	Just for You 9:45-10:15 am	Boot Camp 9-10:10 am Candace	Silver-Sneaker Classic 9-9:45 am Lois	Just for You 9:45-10:15 am	Muscle Blast 9-9:55 am Carol	Zumba® 9-9:55 am Julia C.	Just for You 9:45-10:15 am	Pilates Barre Plus 9-9:55 am Becky	Step Up 9-9:55 am Michelle	
R.I.P.P.E.D 10-10:55 am Jen Kn.	Zumba®/ Zumba® Toning 10-10:55 am Julia	Just for You 10:30- 11 am		Chair Yoga 9:45-10:30 am Kortney		Pilates Barre Plus 10-10:55 am Diane	Cross Training 10-10:55 am Lisa	Just for You 10:30- 11 am	Cardio Sculpt 10:15-11:15 am Chrissy	Silver-Sneaker Yoga 9:45-10:30 am Beth		Total Body 10-11 am Melissa	PIYO LIVE 10-10:55 am Jen/Diane	Just for You 10:30- 11 am	PIYO LIVE 10-10:55 am Becky	Zumba® 10-10:55 am Dawn	
Line Dancing 11:15 am-12:45 pm Julia	Silver&Fit Experience 11:15 am-Noon Marian	Just for You 11-11:30 am	Cardio Sculpt 10:45-11:45 am Marian	Silver-Sneaker Circuit 10:30-11:15 am Martha		Line Dancing 11:15 am-12:45 pm Julia	Silver-Sneaker Classic 11:15 am-Noon Gwen	Just for You 11-11:30 am		Silver-Sneaker Circuit 10:30-11:15 am Beth		Line Dancing Noon-1:30 pm Marilyn	Silver&Fit Experience 11:15 am-Noon Deb		TURBOKICK LIVE 11-11:55 am Beth		
	Cardio Sculpt 1-1:55 pm Beth						Chair Yoga 12:30-1:15 pm Lindsay								RIP 12-1pm Beth		
PIYO LIVE 5:30-6:25 pm Amanda/Lisa	Cross Training 530-6:25 pm Corey		Intermediate Yoga 5-6:25 pm Delphine	Step Up 5:30-6:25 pm Rhonda	Heartbeats 4:30-5 pm	Tabata 5:30-6:15 pm Stacey			Intermediate Yoga 5-6:15 pm Janice	Step Up 5:30-6:25 pm Rhonda	Heartbeats 4:30-5 pm	**Beginner PIYO LIVE** **Dates**:Week of May 2nd-June 3rd **Days**: Monday and Wednesday **Time**: 6-7 pm **Location**: Youth Center **Fee**: Members: FREE Non-Members: $45						P90X LIVE 5-6 pm Emily
TURBOKICK LIVE 6:30-7:30 pm Beth	Zumba® 6:30-7:25 pm Margarita	Circuit PLUS 6-6:55 pm Nancy	Pilates Barre Plus 6:30-7:30 pm Jen/Tonya	Cycle/Boot Camp 6:30-7:45 pm Danielle K		Abs N'at 6:15-6:45 pm Stacey	Boot Camp 6-6:55 pm Danielle K.	Circuit PLUS 6-6:55 pm Rhonda	P90X LIVE 6:30-7:25 pm Diane	PIYO LIVE 6:30-7:30 pm Lisa							
RIP 7:30-8:30 pm Beth	Beginning Yoga 7:30-8:25 pm Lindsay					Zumba® 7-8 pm Dawn	TURBOKICK LIVE 7-7:55 pm Beth		Hip Hop 7:30-8:15 pm Sierra								