

**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	Fitness Studio	Fitness Studio		
	Cycle/Boot Camp 5:15-6:15 am Danielle		TURBOKICK LIVE 5:15-6:15 am Gretchen				Chair Yoga 7:15-7:45 am Ali		Holy Yoga Intermediate 5:45-6:45am Kenda		Circuit PLUS 5:15-6:15am Gretchen		P90X LIVE 5:15 -6:15am Danielle		TURBOKICK LIVE 7-7:45 am Gretchen					
	Chair Yoga 7:15-7:45 am Meda	Just for You 9-9:30 am Ali	Beginners Yoga 8:45-9:25am Meda	Tai Chi Inspired AOA Class 8-8:45 am Julia C.	Just for You 9-9:30am Pamela		SilverSneaker Circuit 8-8:45 am Julia	Just for You 9-9:30 am Ali		Tai Chi Inspired AOA Class 8-8:45 am Julia C.	Just for You 9-9:30 am Pamela		SilverSneaker Circuit 8-8:45 am Pamela	Just for You 9-9:30 am Pamela	RIP 8-8:55 am Gretchen	Yoga 8-8:55am				
	SilverSneaker Circuit 8-8:45 am Pamela	Just for You 9:45-10:15am Pamela	P90X LIVE 9:30-10:30am Jen P.	SilverSneaker Classic 9-9:45 am Jenn B.	Just for You 9:45-10:15am Pamela	PIYO LIVE 9-9:55 am Diane		Just for You 9:45-10:15am Pamela	TURBOKICK LIVE 9-9:55 am Beth	SilverSneaker Classic 9-9:45 am Jenn B.	Just for You 9:45-10:15am Pamela	RIP 9-9:55 am Carol	Zumba® 9-9:55 am Julia C.	Just for You 9:45-10:15am Tiffany	Strong Moms 9-9:45am Michaela Fitness Studio	TURBOKICK LIVE 9-9:55 am Beth				
RIP 9-9:55 am Marian	Pilates with Props 9-9:55 am Diane	Just for You 10:30- 11 am Marian		SilverSneaker Yoga 9:45-10:30 am Jenn B.	CORE 10:20-10:40am Marian	Pilates Barre Plus 10-10:55 am Diane	SilverSneaker Yoga 10:15-11 am Julia	Just for You 10:30-11am Pamela	Yoga/HIIT 10-10:30am Carol/ Candace	SilverSneaker Yoga 9:45-10:30am Jenn B.		PowerStep/ Axis 10-11:15am Carol	PIYO LIVE 10-10:55 am Jen/Diane	Just for You 10:30-11am Pamela	Pilates Barre Plus 10-10:55am Becky	Zumba® 10-10:55 am Megan				
Boxing Fusion/Abs 10-10:55 pm Jen P.	Zumba®/ Zumba® Toning 10-10:55 am Julia	Just for You 11:15-11:45am Pamela	Cardio Sculpt 10:45-11:45am Marion	SilverSneaker Circuit 10:30-11:15am Pamela	Breathing and Relaxation 10:45-11:25am Jenn B.	Line Dancing 11:15 am-12:45pm Julia	SilverSneaker Classic 11:15am-12pm Deb	Just for You 11:15-11:45am Pamela	Cardio Sculpt 10:45-11:45 am Carol	SilverSneaker Circuit 10:30-11:15am Pamela		Line Dancing 12-1:30pm Marilyn	Silver&Fit Experience 11:15 am-12pm Deb	Just for You 11:15-11:45am Pamela	SilverSneaker Classic 11:15 am-12pm Becky	<b>PICKLE BALL 11a-1p</b>	<b>PICKLE BALL 1p-3p MAIN GYM</b>			
	Silver&Fit Experience 11:15-12pm Ali												Tai Chi Inspired AOA Class 12:00-12:45 pm Jenn B.							
Beginners Yoga 4:30-5:25pm Ali			Youth Yoga 4:45-5:15pm			<b>Beginner</b> PIYO LIVE 5:15-5:55pm	Tabata 5:30-6:25pm Stacey		RIP 5:30-6:25pm Danielle	Step Up 5:30-6:25pm Rhonda	Just For You 4:30-5 pm Liz	<b>50 Mile Treadmill Challenge Begins May 1st</b> Complete 50 miles on the Treadmills to receive a free T-Shirt!								
PIYO LIVE 5:30-6:25pm Amanda	Cross training 5:30-6:25 pm Corey	Just For You 4:30-5 pm Liz	Pilates Barre Plus 5:30-6:25pm Stephanie.	Step Up 5:30-6:25pm Rhonda	Just For You 4:30-5 pm Liz		P90X LIVE 6:30-7:25pm Danielle K.	Just For You 4:30-5 pm Liz	Zumba® 6:30 - 7:25pm Megan	PIYO LIVE 6:30p-7:30p Jen W.										
Zumba® 6:30-7:25pm Margarita	TURBOKICK LIVE 6:30-7:25pm Beth	Circuit PLUS 6-6:55 pm Nancy	RIP 6:30-7:30pm Danielle K.	Mixed Level Flow Yoga 6:30-7:25pm Casey			Mixed Level Yoga 7:30-8:30pm Fran	Circuit PLUS 6-6:55 pm Corey											Holy Yoga May 20 only 6:35-7:35pm	