

Week of May 3

GROUP EX CLASSES

MONDAY

9a: Crosstraining-Amanda (MPR)

615p: Turbokick-Beth (AR)

TUESDAY

515a: P90X-Jen (MPR)

9a: Cardio Sculpt-Carol (MPR)

515p: Step Up-Rhonda (MPR)

630p: Zumba-Joelle (MPR)

WEDNESDAY

9a: PiYo-Diane (AR)

515p: RIP-Dana (MPR)

6:30p: Yoga_Rita (AR)

THURSDAY

9a: Turbokick-Beth (MPR)

9a: Yoga-Carol (AR)

515p: Step Up-Rhonda (MPR)

630p: Zumba- Megan (MPR)

FRIDAY

515a: Cycle Cross Train-Marisa (MPR)

9a: Step Up-Carol (MPR)

SATURDAY

9a: RIP - Dana (MPR)

10:15a: Zumba- Megan (MPR)

CYCLE CLASSES

MONDAY

615p: Chris (MPR) \$2

WEDNESDAY

515a: Cycling-Misty (MPR) \$2

9a: Cycling-Beth (MPR) \$2

630p: Cycling-Mandy (MPR) \$2

SATURDAY

8a: Cycling-Mandy (MPR) \$2

**Looking for smaller
classes &
personalized
attention?!**

SMALL GROUP CLASSES

MONDAY

515a: Ball Bonanza-Beth (MPR/V)\$5

9a: Barre-Diane (AR/V) \$5

515p: Power Hour-James (MPR/V)\$5

615p: STRONG Teen-James (MPR/V)\$5

TUESDAY

9a: Tuesday Tone Up-Mandy (AR/V) \$5

515p: Upper Body Burn-Marisa (AR/V) \$5

615p: Butts&Guts-Marisa (AR/V) \$5

WEDNESDAY

515p: Tone Up-Marisa (AR/V) \$5

THURSDAY

515a: Bootycamp-Beth (MPR/V) \$5

515p: Total Body Blast-Mandy (AR/V) \$5

615p: STRONG Teen SG-James(AR/V) \$5

FRIDAY

9a: Bootycamp-Beth (AR/V) \$5

515p: Active Stretch-Jamie (AR/V) \$5

6:15p: Functional Strength-Jamie (AR/V) \$5

SATURDAY

7a: Barre Burn-Diane (AR/V) \$5

KEY

MPR=Multi-Purpose Room

AR = Aerobic Room

V = Zoom Virtual Option



Subscribe to our
Youtube channel
for additional
workouts