

# Week of May 16

## GROUP EX CLASSES

### MONDAY

9a: Cross Training - Amanda (MPR)  
615p: Turbokick - Beth (MPR)

### TUESDAY

515a: Cross Training-Jen (MPR)  
515p: Step Up-Rhonda (MPR)  
630p: Zumba-Joelle (MPR)

### WEDNESDAY

830a: Super Sets-Diane (AR)  
9a: PiYo-Diane (AR)  
5:30p: Step Circuit-Lori (MPR)  
6:30p: Circuit-Nancy (FS)  
630p: Yoga-Rita (AR)

### THURSDAY

9a: Turbokick-Beth (MPR)  
10a: Yoga-Dani (AR)  
515p: Step Up-Rhonda (MPR)  
630p: Zumba-Megan (MPR)

### FRIDAY

9a: Step- Marian (MPR)

### SATURDAY

9a: RIP-Marian (MPR)  
10:15a: Zumba - Megan (MPR)

## CYCLE CLASSES

### MONDAY

515a: Cycling-Beth \$2  
615p: Cycling-Chris \$2

### TUESDAY

9a: Beginner Cycling-Lori (free)

### WEDNESDAY

515a: Cycling-Marisa \$2  
9a: Cycling-Beth \$2  
6p: Cycling-Megan \$2

### THURSDAY

9a: Beginner Cycling-Pam (free)

### SATURDAY

8a: Cycling-Jen \$2

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

## SMALL GROUP CLASSES

### MONDAY

515a: Cycling- Beth (Studio) \$5  
9a: Barre-Diane (AR) \$5  
515p: Power Hour - Beth (AR) \$5

### TUESDAY

9a: Muscle Blast-Beth (MPR) \$5  
515p: Buns & Guns-Marisa (AR) \$5

### WEDNESDAY

515p: Abs and More-Jen (WC) \$5

### THURSDAY

515a: Tread n Shred-Marisa (WC) \$5  
515p: Full Body Blast - Tina (AR) \$5

### FRIDAY

515a: Ride the Wave-Tina (pool) \$5  
9a: Bootycamp-Beth (AR) \$5  
515p: Happy Hour - Jamie (AR) \$5

### SATURDAY

7a: Saturday Sculpt-Diane (AR) \$5

## KEY

MPR=Multi-Purpose Room  
AR = Aerobic Room  
FS=Fitness Studio



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for additional  
workouts