

# May 2024 Group Fitness Schedule

**NO CLASSES MAY 27th**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HOT PILATES 5:30 am AMANDA!</b>	SPIN AND SCULPT 5:30 AM MEGAN	KETTLEBELL 5:45 AM JIM	POWER HOUR 5:30 AM MEGAN	KETTLEBELL 5:45 AM JIM
GROUP POWER 8:00 AM PAM	DANCE AEROBICS 8:00 AM JEAN	BOOTCAMP/FREESTYLE 8:00 AM MANDY	DANCE AEROBICS 8:00 AM JEAN	
YOGA 9:00 AM ANGIE/MEGAN	Explore Yoga 9:00AM RHIANNA SPIN 9:00AM DENISE	YO-FLEX 9:00 AM TINA	GROUP POWER 9:00 AM PAM	SPIN AND SCULPT / HIIT 9:00 AM DENISE
SILVER SNEAKERS 10:00 AM MEGAN	TAI CHI 10:00AM BONNIE	SENIOR FITNESS 10:00 AM CAROL ANN	SILVER SNEAKERS 10:00 AM JILL/ SUELLEN	<b>SENIOR FITNESS 10:00AM CAROL ANN No Class 5/17</b>
CARDIO KICK 12:00 PM Pam	GROUP POWER 12:00 PM MANDY	RUSSIAN KETTLEBELL 12:00Pm Ask about sign up at front desk!	GROUP POWER 12:00 PM PAM	<b>YOGA CORE 12:00 PM MEGAN NO CLASS 5/17</b>
		SCULPT 1:00 PM PATTY		
ZUMBA!! 5:15 pm Liz	SCULPT 4:30PM DAWN		<b>Kettlebell 4:30PM LISA NO CLASS 5/2</b>	
	YOGA BASICS 5:45PM DAWN	<b>HOT PILATES AMANDA 6:00PM</b>	GROUP POWER 5:30 PM MANDY	
GROUP POWER 6:30 PM MANDY	<b>NEW/CANCELLED CLASS ALERT: Be sure to check out the yellow sections on calendar!!! Text (706)371-3531 for updates</b>			