


May Group Exercise Schedule

Monday		Tuesday		Wednesday		Thursday		Friday			
8:30am	Strong & Sweaty Anissa Studio A	8:30am	HIIT Allison Large Gym	8:30am	Group Power® Allison/Leslie Studio A	8:30am	HIIT Leslie Large Gym	8:30am	Sculpt & Tone Anissa Studio A		
9:30am	Pilates Allison Studio A	9:30am	Group Cycle Leslie Cycle Studio	9:30am	Zumba® Sandee Studio A	9:30am	Group Cycle Leslie Cycle Studio	9:30am	Deep Stretch Yoga Cathy Studio A		
	Zumba® Sandee Large Gym		Zumba Gold Toning® Sandee Studio A		Aqua Zumba® Sandee Pool		Aqua Zumba® Sandee Pool				
	Aqua Mix Carol Pool	10:30am	Gentle Candlelight Yoga Myrna Studio A	10:30am	Flow Yoga Cathy Studio A	10:30am	Candlelight Yoga Missy Studio A	10:30am	Aqua Mix Allison Pool		
Group Power® Allison Studio A	Aqua Mix Allison Pool		Tai Chi Flow Sandee Studio A		Aqua Mix Christina Pool		Group Power® Leslie Studio A				
10:30am	Aqua Zumba® Viktoria Pool	11:45am	SilverSneakers® Classic Allison Studio A	6:35pm	Flow Yoga Cathy Studio A	11:45am	SilverSneakers® Classic Christina Studio A	11:45am	SilverSneakers® Circuit Allison Studio A		
	SilverSneakers® Classic Wendy Studio A	5:30pm	Group Groove® Marybeth Studio A		5:30pm	Group Cycle (45mins) Dana Cycle Studio	Saturday				
Pedal & Pilates Allison Cycle Studio	6:35pm		Basic Step Becky Studio A	5:30pm		Group Groove® Marybeth Studio A				8:15am	Group Cycle Dana Cycle Studio
12:30pm		Chair Yoga Sandee Studio A	<div><p>Group Power classes are limited to 23 participants. Please get a card from front desk. Cards will be available 1 hour before</p><p>the </p><p>Pickleball Tues/Thurs @9:30am - 12:30pm Gym Outside courts open for play any time the facility is open</p></div>				6:35pm	Group Power® Dana Studio A	8:30am	Sculpt & Tone Anissa Studio A	
5:30pm	Group Power® Dana Studio A	6:35pm					Group Cycle (45mins) Dana Cycle Studio	6:35pm	Group Power® Dana Studio A	9:30am	Aqua Mix Christina Pool
6:35pm	Flow Yoga Cathy Studio A										10:35am
	Flow Yoga Cathy Studio A										
<div><p>Children 10 and up are permitted to participate in Group Exercise classes with a parent. However, children must be 13 to participate in Group Power and Group Cycle classes.</p></div>											