


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 Studio A	8:30am	HIIT Leslie Large Gym	8:30am	Sculpt & Tone Anissa Studio A		
9:30am	CoreFusion Becky Studio A	9:30am	Group Cycle Allison 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 Boot Camp Carol Pool		Aqua Zumba® Sandee Pool		Aqua Zumba® Sandee Pool		
	Aqua Mix Carol Pool	10:30am	Gentle Candlelight Yoga Myrna Studio A	10:30am	Aqua Mix Allison Pool	10:30am	Candlelight Yoga Missy C Studio A	10:30am	Aqua Mix Missy W Pool		
Group Power® Leslie Studio A	Aqua Mix Christina Pool		Flow Yoga Cathy Studio A		Aqua Mix Christina Pool		Group Power® Leslie Studio A				
10:30am	Aqua Zumba® Viktoria Pool	11:45am	Active for Life Christina Studio A	11:45am	Stronger Longer Allison Studio A	11:45am	Active for Life Christina Studio A	11:30am	Tai Chi Flow Sandee Studio A		
	Active for Life Wendy Studio A	5:30pm	Zumba® Stacey Studio A	6:00PM	Aqua Mix Corissa Pool	5:30pm	Group Cycle (45mins) Dana Cycle Studio	Saturday			
12:30pm	Chair Yoga Sandee Studio A	6:35pm	Step Becky Studio A	6:35pm	Flow Yoga Cathy Studio A	5:30pm	Zumba® Viktoria Studio A			8:15am	Group Cycle Dana Cycle Studio
5:30pm	Group Power® Dana Studio A					6:35pm	Group Power® Dana Studio A			9:30am	Aqua Mix Christina/Missy W Pool
6:35pm	Group Cycle (45mins) Dana Cycle Studio					<p>Group Power classes are limited to 23 participants. Please get a card from front desk. Cards will be available 1 hour before class.</p>				<p>Pickleball Tue/Thurs @9:30am - 12:30pm Gym</p>	
	Flow Yoga Cathy Studio A	10:35am	Step Becky Studio A	11:35am	Salsa, Bachata Adam Studio A						

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.