


May Group Exercise AEROBIC STUDIO

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00a			Sunrise Yoga Debbie(45 min) 7:40am		BOSU-BALANCE Debbie (45 min)	May 5 th INSANITY 8:45am (1hr) Melissa Zumba Party Cinco De Mayo 9:30 Tajauna
8:30a	RIPPED Tajuana(45 min)	YOGA Linda (1hr)	H.A.B.I.T Debbie (40 min)		PILATES BARRE FUSION @8:50am Debbie (35 min)	May 12 th Group Cycle 1 hr Bridgett
9:15a	ZUMBA Remelyn (1hr)	PURE STRENGTH @ 9:35 Debbie (40 min)	ZUMBA Tajauna (1hr)	ZUMBA Remelyn (1hr)	YOGA @9:30am Debbie (45 min)	
10:15a		PILATES BARRE FUSION Debbie (45 min)				
10:30a	TRX Caroline (30 min)		TRX Caroline (30 min)	HIIT Caroline(1 hr)	TRX Caroline (30 min)	May 19 th HIIT Caroline(1 hr) 8:45am
11:15a	Power Yoga Mel(1 hr)	Gentle Yoga Mel (1 hr)				
12:15p						May 26 th Master Your Balance Krissi (1hr) 8:00am
4:30p		INSANITY (45 min) Melissa				
5:00p						
5:30p	STRONG BY ZUMBA Remelyn (1hr)	RIPPED Tajuana (45 min@5:45pm)	YOGA (5:45pm) Linda (1hr)	INSANITY (45 min) Melissa	*Classes in yellow are new this month	
6:15p		ZUMBA Tajuana (45 min@6:30pm)			*Classes in red in danger of being cut due to low participation	

FELLOWSHIP HALL (FH) / MULTI-PURPOSE ROOM (MPR)

	Monday	Tuesday	Wednesday	Thursday	Friday
9:30a	Silver Sneakers Maxine (FH) 45 min		Silver Sneakers Mel (FH) 1 hour	Line Dance Maxine (90 min) (FH)	Silver Sneakers Linda (FH) 45 min
10:15a	Chair Yoga Linda 10:30am (MPR)				Zumba Gold@10:30am Mel(FH)
10:30a	Line Dance Maxine (FH) 1 hour		Gentle Yoga Mel(FH) (1hr)	Chair Yoga Linda (45 min) (MPR)	Yoga Linda (45 min) (MPR)

GROUP CYCLE CLASSES

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:15a	Group Cycle Sadee (45 min)	Beginner Cycle Maxine (45 min) @ 9:30am	Group Cycle Lauren (45 min)		Group Cycle Mel (45 min)
10:00a					Yoga for Cyclists Mel (30 min)
12:15p	Group Cycle Mel (35 min)	Group Cycle Mel (35 min)		Group Cycle Lauren (35 min)	
4:30p					
5:30p	Group Cycle Bridgett (45 min)			Group Cycle Bridgett (45 min)	Group Cycle Lauren (45 min)

AQUATICS CLASSES(AC)/ TRACK & FIELD

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30a		Water Fitness Maxine (45 min)		Water Fitness Maxine (45 min)	Hydro HIIT Mel (@8:15am (45 min)
9:15a	Hydro HIIT Mel (45min)	Aqua Power Remelyn (45 min)	Aqua Balance & Cardio Debbie@9:20 (45 min)		
10:15a	Aqua Zumba Remelyn (45 min)				

YOUTH CLASSES

TUESDAY
YOUTH FITNESS
 4:00-4:30p (4-7 yrs.)
 4:30-5:00p (8-12 yrs.)
 STAFF

THURSDAY
YOUTH ATHLETICS
 4:00-4:30p (4-7 yrs.)
 4:30-5:00p (8-12 yrs.)
 STAFF