What's New?	MAY 2016							
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SPECIAL MEMORIAL DAY SCHEDULE ***8:15-9:15 ZUMBA** ***9:15-10am PUMP45** ***10am-10:30 LOW IMPACT** ---------- NEW CLASSES: **SUNDAY: TONE AND TIGHTEN** 2:30-3:30 **MONDAY**: **H.I.I.T** 5:35pm **WEDNESDAY BUILD-IT SERIES:** BUNS & GUNS 4:30pm **THURSDAY**: **ZUMBA** 6:40pm	**5:05 AM**		**CYCLE** *Alicia* **NO CYCLE OR BOOTCAMP 5/30** **BOOTCAMP** *Brooke*	**BODYPUMP** *Alicia*	**BOOTCAMP** *Brooke*	**BODYPUMP** *Alicia*	**BOOTCAMP** *Brooke*	
	8:15 AM		**ZUMBA** *Ashley* **CYCLE** *Donna* *2 Lisa* *9 Jess*	**STEP** *Kelley* **CIRCUIT (AAC)** *Ashley (Kevin)*	**CORE & MORE** *Janna* **CYCLE** *4,11 Andrea* *18 Heather* *25 Anna*	**BODYPUMP** *Robin* **SILVER SNEAKERS® CIRCUIT (AAC)** *Sharon (Cecilia)* *26 Ashley*	**HABIT** *Sharon* *27 Anna* **CYCLE** *Andrea* **8:00 BOOM! (AAC)** *Ashley* *20 Barbara*	**8:15 AM CARDIO** *7* **ZUMBA** *Tricia* *14* **INTERVALS***Melanie* *21* **STEP** *Kelley* *28* **H.I.I.T** *Traci* **8:15 AM CYCLE** *7 Anna* *14 Traci* *21 Melanie* *28 Andrea* **9:15 AM BODYPUMP** *7 Traci* *14 Anna* *21 Abbie* *28 Andrea*
	9:15 AM		**9:00 AQUA** *Cecilia* *16 Jess* **9:00 GENTLE YOGA (AAC)** *Barbara* *16 Kevin* ***NO YOGA 5/30*** **20/20/20** *Sharon* *23 Anna* ***5/30 9:15-10:30*** ***P45 & LOW IMPACT***	**9:00 AQUA** *Cecilia* **BODYPUMP** *Donna* **SILVER SNEAKERS® CLASSIC (AAC)** *Kevin (Ashley)*	**9:00 AQUA** *Jess* **YOGA** *Kevin*	**9:00 AQUA** *Lindsey* *19 Kevin* **SILVER SNEAKERS® CLASSIC (AAC)** *Sharon (Cecelia)* *26 Ashley* **ZUMBA GOLD** *Donna*	**9:00 AQUA** *Kevin* *13 Jess* **ZUMBA** *Ashley* *20 Donna* **YIN/GENTLE YOGA (AAC)** *Cassandra*	
	10:15 AM		**P45** *Robin* ***MAY 30: 9:15-10:00*** **11:00 LOW IMPACT** *Robin* ***MAY 30: 10:00-10:30*** **TAI CHI (AAC)** *Jesse*	**10:30 ZUMBA GOLD** *Donna*	**BARBELL FITNESS** *Cecilia* *25 Robin* **11:00 LOW IMPACT** *Sharon* *25 Robin*	**10:30 TAI CHI** *Jesse*	**BARBELL FITNESS** *Abbie* *6 Robin* **11:00 LOW IMPACT** *Abbie* *6 Robin*	
	11:30 AM		**HEALTHY BACKS** *Robin* ***NO CLASS 5/30***	**JUST STRETCH** *Cassandra*	**HEALTHY JOINTS** *Sharon* *25 Robin*	**JUST STRETCH** *Cassandra*		**TOT WATCH** **Monday - Friday** **8 am – Noon** **4 pm – 8 pm** **Saturday** **8 – 12 pm** **Sunday** **1 – 5 pm**
	1:00 PM	**1:30 YOGA** *1, 15 Kathy* *8,22 Tricia* ***29 NO CLASS*** **2:30-3:30 TONE AND TIGHTEN** *8 Melanie* *15 Jennie* *22 Andrea* *29 Jennie*	**SILVER SNEAKERS® CIRCUIT (AAC)** *Barbara (Jess) 16 Kevin* ***NO CLASS 5/30***		**SILVER SNEAKERS® CLASSIC (AAC)** *Barbara*			
	2:00 PM		**SILVER SNEAKERS® CHAIR YOGA (AAC)** *Barbara (Jess) 16 Kevin* ***NO CLASS 5/30***		**SILVER SNEAKERS® CHAIR YOGA (AAC)** *Barbara*			
	4:30 PM		**BODYPUMP** *Anna* ***NO CLASS 5/30*** **CYCLE** *Melanie* ***NO CLASS 5/30***	**STEP** *Sharon* *24, 31 Ashley*	**BUILD IT—BUNS & GUNS** *Traci*	**20/20/20** *Anna*		
	5:35 PM		**H.I.I.T** *Traci* ***NO CLASS 5/30***	**BODYPUMP** *Anna* *31 Traci* **CYCLE** *Melanie*	**ZUMBA** *Tricia*	**BODYPUMP** *Donna*		
	6:40 PM		**ZUMBA** *Jamila* ***NO CLASS 5/30***	**SLOW FLOW YOGA** *3.10 Tammy* *17 Kathy* *24, 31 Kevin*	**TONE AND TIGHTEN** *Melanie*	**ZUMBA** *Ashley (Roslyn)*		

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