



Cinco de Mayo!
BODYPUMP Launch
Saturday, May 5th!

Busy Mom's Virtual Launch
 featuring three 30 min classes
 8:15 am GRIT Strength
 8:40 am GRIT Cardio
 9:10 am BODYFLOW Flexibility
 Saturday, May 12th

Both Launches have prizes and smoothies! Bring a friend for FREE!

Happy Memorial Day!
 Two 30 min VIRTUAL CLASSES beginning at 8:15 am



May Group Fitness Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:05 AM	Happy Mother's Day!	BOOTCAMP Janna 28 no class	BODYPUMP Donna 22 Robin CYCLE DVD	BOOTCAMP Janna 16 Von	BODYPUMP Robin CYCLE DVD	BOOTCAMP Von	8:15 5 no class 12 VIRTUAL LAUNCH 19 BOOTCAMP Von 26 STEP Meghan
8:15 AM		STEP Vicki 28 no step CYCLE Lisa 28 no cycle MEMORIAL DAY VIRTUAL CLASS SH'BAM (30) & CX WORX (30)	FITNESS FUSION Kelley SilverSneakers® CIRCUIT (AAC) David 15 Vicki (Cecilia 22, 29 Lola)	STRONG Karen CYCLE Donna 9 Lisa	BODYPUMP Donna 10 Meghan CARDIO IMPACT (AAC) Vicki (David 17 Lola)	20/20/20 Janna CYCLE 4 Andrea 11 Lisa 18 Donna 25 Heather	
9:15 AM		9:00 AQUA Melinda 21 TBA GENTLE YOGA Barbara 7 Brenda & Cathy	9:00 AQUA Cecilia 22,29 Lola BODYPUMP Robin 22 Donna SilverSneakers® CLASSIC (AAC) David 15 Vicki	9:00 AQUA Melinda 16 Lola YOGA Barbara 9 Heather	9:00 AQUA Vicki 10 Cecilia SilverSneakers® CLASSIC (AAC) David 17 Kelley (Cecilia 17 Lola) 9:20 ZUMBA GOLD Donna 10 TBA	9:00 AQUA Cecilia 18 Lola STRONG Karen 9:15 YIN YOGA (AAC) Tammy	
10:15 AM		P45 Robin 11:00 45 min LOW IMPACT Robin 28 no classes	BASIC TAI CHI (AAC) Jesse 10:20 ZUMBA GOLD Donna	BARBELL FITNESS Robin 16 BODYPUMP (Virtual) 11:00 LOW IMPACT Robin 16 GRIT Cardio (Virtual)	TAI CHI Jesse	30 min PILATES Cathy 11:00 BARBELL FITNESS Meghan	
11:30 AM				BALANCE & STRETCH Alden	30 min PILATES Cathy	BALANCE & STRETCH Alden	
1:00 PM	Happy Memorial Day! Two 30 min VIRTUAL CLASSES beginning at 8:15 am 1:10 YOGA Chris 2:30-3:30 TONE AND TIGHTEN 6, 20 Meghan 13, 27 Jennie 3:30 – 4:30 DANCE & BARRE Tera	SilverSneakers® CIRCUIT (AAC) Barbara 7 David 28 no class		SilverSneakers® CLASSIC (AAC) David 16 Barbara			FREE TOT WATCH Monday - Friday 8 am – Noon 4 pm – 8 pm Saturday 8 – 12 pm Sunday 1 – 5 pm
2:00 PM		SilverSneakers® YOGA (AAC) Barbara 7 David 28 no class		SilverSneakers® YOGA (AAC) David 16 Barbara			
4:30 PM		BODYPUMP Andrea 28 no class	H.I.I.T Melanie	STEP Vicki FITNESS FUSION 55+ (AAC) Melanie	20/20/20 3, 17, 31 Melanie 10, 24 Jennie	DANCEBODY FITNESS Tera	
5:35 PM		CARDIO INFERNO Traci 28 no class	BODYPUMP 1,8,15 Meghan 22, 29 Ashley	CYCLE Traci DANCEBODY FITNESS Tera	BODYPUMP Ashley		
6:40 PM		DANCEBODY FITNESS Tera 28 no class	SLOW FLOW YOGA Rebecca 15 Thomas 29 Chris		YOGA 3, 17, 31 Kathy 10, 24 Thomas		