

# MAY FITNESS CLASS SCHEDULE

**SCHEDULE SUBJECT TO CHANGE.** - Appointments are not necessary to attend fitness classes.

Kids Corner



Childcare Available: Monday-Sat AM: 08:00-12:00pm / Monday-Thursday PM: 4:00-7:00pm

TIME:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am			Cycling (Jamilia)			
6:00am			Step (Robin)			
6:45am		Power Sculpt 45 mins (Rebecca)		BODYPUMP 45 mins (Kirsten T)		
8:00am		BODYPUMP 45 mins (Michelle)				
8:15am						*Switch-Up class
8:15am	Cycling (Monica)				Cycling (Variety)	Cycling (Variety)
9:00am	Pickleball Wkshp (Al) 2 HOURS Inter level		Pickleball Workshop 2 HOURS		Y Strength (Variety) Functional Fitness area	Pickleball Workshop (Al) 2 HOURS
9:00am	BODYPUMP (Kirsten T)	SOULfusion (Allison)	Power Sculpt (Jennifer)	Full Body Circuit (Michelle)	Zumba (Jennifer)	*Switch-Up class
9:00am		Cycling (Variety)		Cycling (Variety)		
10:00am	Barre Sculpt (Ciera)	Mat Pilates (Kirsten)		Cardio Fit (Jennifer)	Mat Pilates (Kirsten)	
10:30am			Yoga (Variety)			Yoga (Variety)
11:00am	Pickleball Open Play 11am-12	Pickleball Open Play 11am-12		Pickleball Open Play 11am-12		
11:00am	Yoga (Variety)	Strength & Balance (Sally)		Strength & Balance (Sally)	Yoga (Variety)	
12:30pm	Fit Foundations (Michelle)		Fit Foundations (Michelle)			
4:30pm	Zumba (Donna)	*Zumba (Kristin)	SOULstrength (Allison)	*Zumba (Emily)		
5:00pm				Pickleball Workshop (Al) 2 HOURS		
5:30pm	Body Combat (Karin)	BODYPUMP (Jen)	Zumba (Lindsay)	*BODYPUMP (Jannah/Teresa)		
5:30pm	Cycling (Jannah)		Cycling (Gina)			
6:45pm		Yoga (Nicole)		Yoga (Kim)		

\*SWITCH-UP CLASS-This class rotates instructors & formats each week.