






SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

LOCATION: A- Studio A B- Studio B C- Studio C F- Functional Area T- Track	1	T 5:30a Track Intervals A 8:00a HIIT Circuit A 9:00a Yoga Stretch A 10:30a SilverSneakers@Classic C 12p Cycle F 4:30p Fit Troops C 5:30p Ride & Ripped A 6:30p Hip Hop Step 101	Jodie Shelby Lisa Sam Katie John Katie Coach Q	2	A 5:30a Barre B 9:00a All Levels Yoga A 9:30a Cardio Circuit A 10:45a Stretch & Strengthen A 12p HIIT Me Up @ Lunch A 4:30p Bootcamp A 5:30p Cardio Blast	Jodie Rebecca Dana Mel Dana Timothy Stephani	3 No 8A Tai Chi	A 5:30a Power Hour A 9:00a Yoga Stretch A 10:30a SilverSneakers@Classic C 11:30a Cycle A 12p Bootcamp A 2:30p SilverSneakers@Classic F 4:30p Power Hour B 5:30p Yoga Nidra A 6:00p ZUMBA®	Katie Paula Sam Elizabeth Anthony Sam Katie Louise Dana	4	C 5:30a Cycle C 8:15a Cycle B 9:00a Dynamic Flow A 9:30a ZUMBA GOLD® A 10:45a Stretch & Strengthen A 4:30p Turbo Kickboxing A 5:30p Power Sculpt	Teresa Dana Rebecca Dana Mel Zel Phillip	5 No 5pm Jungle Body	T 5:15a TRX Plus T 6:30a TRX 101 C 8:15a Wheel Results A 8:30a LaBlast B 9:00a All Levels Yoga A 9:30a Barre-lates A 12p Bootcamp	Kay Kay Mel Elizabeth Lisa Elizabeth Timothy	6	C 7:00a Cycle & Weights C 9:00a Cycle A 10:15a Easy Flow Vinyasa A 12p Yoga Nidra	Rachel Phillip Mary Louise
	12P CYCLE with <i>Katie</i>		Silver Sneakers Classic focus on strengthening muscles and increasing range of movement for daily life activities		\$5 drop in Cinco de Mayo workout													

7	C 3:00p Cycle A 3:00p Yoga	Wanda Mary	8	T 5:30a Track Intervals A 8:00a HIIT Circuit A 9:00a Yoga Stretch A 10:30a SilverSneakers@Classic F 4:30p Fit Troops C 5:30p Ride & Ripped A 6:30p Hip Hop Step 101	Jodie Shelby Lisa Sam John Zel Coach Q	9	A 5:30a Barre B 9:00a All Levels Yoga A 9:30a Cardio Circuit A 10:45a Stretch & Strengthen A 12p HIIT Me Up @ Lunch A 4:30p Bootcamp A 5:30p Cardio Blast	Jodie Rebecca Dana Mel Dana Timothy Elizabeth	10	A 5:30a Power Hour A 8:00a Tai Chi A 9:00a Yoga Stretch A 10:30a SilverSneakers@Yoga C 11:30a Cycle A 12p Bootcamp A 2:30p SilverSneakers@Classic F 4:30p Power Hour B 5:30p Yoga Nidra A 6:00p ZUMBA®	Katie Peggy Lisa Peggy Elizabeth Anthony Sam Katie Louise Angel	11	C 5:30a Cycle C 8:15a Cycle B 9:00a Dynamic Flow A 9:30a ZUMBA GOLD® A 10:45a Stretch & Strengthen A 4:30p Turbo Kickboxing A 5:30p Power Sculpt	Teresa Dana Rebecca Dana Mel Zel Phillip	12	T 5:15a TRX Plus T 6:30a TRX 101 C 8:15a Wheel Results A 8:30a LaBlast B 9:00a All Levels Yoga A 9:30a Barre-lates A 12p Bootcamp A 5:00p Jungle Body	Kay Kay Mel Elizabeth Lisa Elizabeth Teresa Angel	13	C 7:00a Cycle & Weights B 8:00a All Levels Yoga C 9:00a Cycle A 10:30a Easy Flow Vinyasa	Rachel Rebecca Wanda Desiree
		Smoking Cessation Open Group 5:30p		DYNAMIC FLOW with <i>Rebecca</i>																

14	C 3:00p Cycle	Phillip	15	T 5:30a Track Intervals A 8:00a HIIT Circuit A 9:00a Yoga Stretch A 10:30a SilverSneakers@Classic C 12p Cycle F 4:30p Fit Troops C 5:30p Ride & Ripped A 6:30p Hip Hop Step 101	Jodie Shelby Lisa Sam Katie Katie Katie Coach Q	16	A 5:30a Barre B 9:00a All Levels Yoga A 9:30a Cardio Circuit A 10:45a Stretch & Strengthen A 12p HIIT Me Up @ Lunch A 4:30p Bootcamp A 5:30p Cardio Blast	Jodie Rebecca Dana Mel Dana Timothy Angel	17 No 5:30p Yoga Nidra	A 5:30a Power Hour A 8:00a Tai Chi A 9:00a Yoga Stretch A 10:30a SilverSneakers@Yoga C 11:30a Cycle A 12p Bootcamp A 2:30p SilverSneakers@Classic F 4:30p Power Hour A 6:00p ZUMBA®	Stephani Peggy Lisa Peggy Elizabeth Anthony John Angel	18	C 5:30a Cycle C 8:15a Cycle B 9:00a Dynamic Flow A 9:30a ZUMBA GOLD® A 10:45a Stretch & Strengthen A 4:30p Turbo Kickboxing A 5:30p Power Sculpt	Teresa Dana Rebecca Dana Mel Zel Stephanie	19	T 5:15a TRX Plus T 6:30a TRX 101 C 8:15a Wheel Results A 8:30a LaBlast B 9:00a All Levels Yoga A 9:30a Barre-lates A 12p Bootcamp A 5:00p Jungle Body	Kay Kay Mel Elizabeth Lisa Elizabeth Teresa Angel	20	C 7:00a Cycle & Weights B 8:00a All Levels Yoga C 9:00a Cycle A 10:30a Mom & Me ZUMBA	Rachel Rebecca Dana Dana
 BRING YOUR MOM TO CLASS FOR FREE 5/14-5/20		12P CYCLE with <i>Katie</i>		Diabetes Education Class 12:15p 		BRING YOUR MOM FOR FREE 														

21	C 3:00p Cycle A 3:00p Yoga	Zel Desiree	22 No 8A HIIT	T 5:30a Track Intervals A 9:00a Yoga Stretch A 10:30a SilverSneakers@Classic F 4:30p Fit Troops C 5:30p Ride & Ripped A 6:30p Hip Hop Step 101	Jodie Lisa Sam John Steph Coach Q	23	A 5:30a Barre B 9:00a All Levels Yoga A 9:30a Cardio Circuit A 10:45a Stretch & Strengthen A 12p HIIT Me Up @ Lunch A 4:30p Bootcamp A 5:30p Cardio Blast	Jodie Rebecca Dana Mel Dana Timothy Angel	24 No 8A Tai Chi	A 5:30a Power Hour A 9:00a Yoga Stretch A 10:30a Chair Yoga C 11:30a Cycle A 12p Bootcamp A 2:30p SilverSneakers@Classic F 4:30p Power Hour A 6:00p ZUMBA®	Katie Lisa Lisa Elizabeth Anthony Sam Katie Angel	25	C 5:30a Cycle C 8:15a Cycle B 9:00a Dynamic Flow A 9:30a ZUMBA GOLD® A 10:45a Stretch & Strengthen A 5:30p Power Sculpt	Teresa Dana Rebecca Dana Mel Stephanie	26	T 5:15a TRX Plus T 6:30a TRX 101 C 8:15a Wheel Results A 8:30a LaBlast B 9:00a All Levels Yoga A 9:30a Barre-lates A 12p Bootcamp A 5:00p Jungle Body	Kay Kay Mel Elizabeth Lisa Elizabeth Teresa Angel	27 No 7A cycle	C 9:00a Cycle	Dana
		STRETCH OUT & STRENGTHEN UP EVERY TUESDAY & THURSDAY at 10:45a		Nutrition for Healthy Living Class 5:30p Studio B FREE																

28 NO CLASSES	29 HAPPY MEMORIAL DAY	30	31		
	MEMORIAL DAY 7AM-12PM	A 5:30a Barre B 9:00a All Levels Yoga A 9:30a Cardio Circuit A 10:45a Stretch & Strengthen A 12p HIIT Me Up @ Lunch A 4:30p Bootcamp A 5:30p Cardio Blast	Jodie Rebecca Dana Mel Dana Timothy Angel		

Silver Sneakers® Classic

Designed to increase strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance.

Silver Sneakers® Yoga

Move through seated and standing yoga poses to increase flexibility, balance and range of motion. A chair is used to meet a variety of fitness levels.

ZUMBA GOLD®

The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. This modified Zumba class recreates the original moves you love at a lower-intensity.

ZUMBA®

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

Jungle Body

An easy-to-follow, mood elevating fusion of boxing, dance, and sculpting. Designed to be super inclusive for all shapes, ages, sizes and even those with two left feet!

Tai Chi

Involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. A noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Cycle

Instructors Choice... Come for a great workout and ready to SWEAT!

Wheel Results

Jump on a bike and take a real ride inside! CLIMB up a hill, SPRINT down a hill... all to heart pumping music that'll IGNITE your body with intervals designed to TORCH calories in a RACE to REACH your fitness goals

Ride&Ripped

Bikes and Dumbbells! What could be better? An intense cardiovascular workout with some strength training added. In this class you will use the bike as well as dumbbells and body weight to tone your muscles.

Turbo Kickboxing

This is an interval-based workout for all levels that is fun, exciting, and powerful!

Track Intervals

For those who want to get their miles in! You will combine walking or running with strength intervals and a big stretch at the end. Depending on your speed you will get at least 2 miles (26 laps) but you're welcome to go for more!

Dynamic Flow

Open to all levels designed to keep you moving and breathing throughout the duration of the class. A powerful vinyasa flow yoga class, building both strength and flexibility throughout! Classes finish with a focus on the breath and relaxation to gather the benefits of physical work.

Yoga Stretch

A deeply restorative practice focusing on longer holds and total body stretches. This class provides a calm and relaxing space to let go of tension, focus on your breath, and let all your stresses fall away. All-levels and beginner-friendly.

Slow Flow

Combination of healthy alignment and the freedom to play within familiar and new poses. From beginners to seasoned practitioners, this class hopes to broaden your range of capabilities through the instruction of alignment and breath.

All Levels Yoga

A slow-paced flow with a focus on the foundations of postures. The class has a combination of mobility, strength, and alignment drills

Stretch Out and Strengthen Up

A class designed to strengthen and stretch your muscles from head to toe. A full body workout using active and static stretching as well as functional moves that increase stability, strength and range of motion.

Barre

Hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training.

Pilates

A strengthening and lengthening form of exercise that works to tone all muscle groups with a specific emphasis on the core. The low impact movements in a Pilates class work to build strength, tone muscles, and create long, lean body lines.

LaBlast®

'If you can clap it, you can dance it' you choose your own intensity by adding optional plyometric movements, light weights, heavy weights, or simply keeping your workout low impact. Come join the fun!!

Barre-lates

Fusion of ballet conditioning, strength training and Pilates. With the use of light weights and ballet barre, you will develop long, lean muscles, gaining definition in all the major muscles groups, as well as improve posture and core strength.

Cardio Circuit

Includes cardio bouts punctuated by strength moves. Maximize your results in a Step Circuit class! Burn fat fast with high intensity intervals. Start the burn with body-blasting sculpting and calorie-crushing cardio bursts.

Cardio Blast

Dance-based cardio class designed to get you grooving to fresh, funky & popular hits! The aerobic style of this class will be sure to keep your heart rate up. Get fit and sculpted with this fun and exciting class!

Power Hour

A combination of Tabata's, functional strength training, and stations.

Power Sculpt

A great way to define, sculpt and build lean muscle. Focuses on intense isolation exercises with free weights and resistance, ending with abs. All-Levels.

Fit Troops

Reap the benefits of this ultimate calorie burning workout through challenging cardiovascular and resistance training

Bootcamp

Interval training that combines bodyweight and strength training with aerobic elements. Participants get the calorie-burning benefits of high-intensity cardio, combined with strength training elements to sculpt muscle, and build strength

HIIT Me Up @ Lunch

HIIT are intense bursts of exercise, followed by active recovery periods. HIIT workouts build cardiovascular fitness while improving strength, lean muscle, and maximizing calorie burn.

Hip Hop Step 101

Need to slow those Xtreme steps down a little? Join Coach Q on Monday nights for a breakdown of Wednesday's Xtreme Step Class.

TRX 101

Make "you" the toughest machine yet! A total body workout with strong core emphasis, using the TRX suspension system. All levels Welcome!

TRX Plus

Each session incorporates TRX suspension strength training combined with dynamic bodyweight exercises to strengthen, tone and shred. Intermediate to advanced level.

Jungle Body

An easy-to-follow, mood elevating fusion of boxing, dance, and sculpting. Designed to be super inclusive for all shapes, ages, sizes and even those with two left feet!