

# May—2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>STUDIO ONE</b>						
BodyPump Lynna 5:30-6:30am	Triple Threat Training John 5:30-6:30am		Triple Threat Training Mark 5:30-6:30am	Circuit/Stretch Kelly 5:30-6:30am		
BodyPump Karol 8:30-9:30am	Straight Up Strength Brenda 8:30-9:30am	BodyPump Exp Lynna 8:30-9:00am	Straight Up Strength Kim 8:30-9:30am	BodyPump Karen 8:30-9:30am	BodyPump Karol 8:30-9:30am	
Total Toning Kristen 9:45-10:45am	BodyPump Exp Lisa 9:30-10:00am	CXWORX Lynna 9:00-9:30am	Total Toning Stacy 9:30-10:15am			
	CXWORX Lisa 10:00-10:30am	Step Aerobics Kristen 9:45-10:30am		HIIT Brenda 9:45-10:45am	Dance Fusion Stacy 9:45-10:45am	
		Power Pilates Kristen 10:30-11:00am				
Dance Fusion Gretchen 11:00-11:45am		Dance & Tone Renata 11:00-11:45am		Dance Fusion Gretchen 11:00-11:45am		Dance Fusion Renata 2:00-3:00pm
						ABS Kelly/Ray 3:00-3:15pm
C.S.I. Kelly 5:30-6:30pm	BodyPump Karol 5:30-6:30pm	HIIT Brenda 5:30-6:30pm	BodyPump Karol 5:30-6:30pm			
<b>STUDIO TWO</b>						
Pilates with Props Cathy 9:00-10:00am	Yoga/Pilates Fusion Laura 9:00-10:00am	Pilates Laura 9:00-10:00am	Pilates Laura 9:00-10:00am	Pilates Laura 9:00-10:00am		
Yoga Cathy 10:00-11:00am	Yoga Back Laura 10:00-11:00am	Active Yoga Laura 10:00-11:00am	Yoga Laura 10:00-11:00am	Active Yoga Laura 10:00-11:00am	Yoga/Pilates Fusion Helen 10:00-11:00am	
	ABS w/Kelly 5:15-5:30pm					
Yoga Helen 6:00-7:00pm	Yoga/Pilates Fusion Kelly 5:45-6:45pm		Power Pilates Corrie 5:45-6:45pm			
<b>OPEN STUDIO</b>						
Cardio & Core Brenda 8:30-9:30am	Body Vive JoAnn 9:00-10:00am	C.S.I. Kim 8:30-9:30am	Body Vive JoAnn 9:00-10:00am			
SAIL Jo-Ann 10:15-11:00am	C.A.R.E. Cathy 10:15-11:00am	SAIL Cathy 10:15-11:00am	Mindful Motion Cathy 10:15-11:00am	SAIL Cathy 10:15-11:00am		
		C.A.R.E. Cathy 11:15-12:15pm				
		ABS with Mark 5:15-5:30pm				
	Hoop Class Ann 6:00-7:00pm	Total Toning Renata 6:00-7:00pm	Hoop Class Ann 6:00-7:00pm			

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## SPINNING

		Spinning Kelly 5:30-6:30am				
Spinning Kristen 9:00-9:30am	Spinning Kim 8:30-9:30am		Spinning Karen 8:30-9:30am			
Spinning Kim 9:30-10:15am		Spinning Karen 9:30-10:15am		Spinning Kim 9:30-10:30am	Spinning Ray 8:30-9:15am	
						Spinning Ray/Kelly 2:00-2:45pm
Spinning Kelly 4:30-5:15pm	Spinning Kelly 4:30-5:15pm		Spinning Karol 4:30-5:15pm			

## GYMNASIUM - Court A

TRX Helen 8:30-9:15am	Power Hour Ashley 8:30-9:30am	TRX Joseph 8:30-9:15am	Power Hour Ashley 8:30-9:30am			
	Power Hour Ashley 9:45-10:45am	TRX Joseph 9:30-10:15am	Power Hour Ashley 9:45-10:45am		Circuit Training Rotating Instr. 9:45-10:45am	
Sports Performance 3:00-7:00pm	Sports Performance 3:00-7:00pm	Sports Performance 3:00-7:00pm	Sports Performance 3:00-7:00pm			

## AQUATICS

In TOO Deep Renata 7:30-8:00am		In TOO Deep Jo-Ann 7:30-8:00am				
Water Aerobics Renata 8:00-8:45am	Aqua Challenge Gretchen 8:00-8:45am	Water Aerobics Jo-Ann 8:00-8:45am	Core & More Renata 8:00-8:45am	Water Aerobics Renata 8:00-8:45am		
					Water Aerobics Helen/Gretchen 8:30-9:15am	
Gentle Aqua Renata 9:00-9:45am	Gentle Aqua Gretchen 9:00-9:45am	Gentle Aqua Jo-Ann 9:00-9:45am	Gentle Aqua Renata 9:00-9:45am			
	Aqua Restore JoAnn 12:00-12:45pm		Aqua Restore JoAnn 12:00-12:45pm			
Water Aerobics Renata 5:45-6:30pm	Aqua Dance Renata 5:45-6:30pm		Aqua Challenge Gretchen 5:45-6:30pm			