



**MAY 2024**

# Group Fitness Schedule

New Classes and Special Events are Listed in **Red**

Closed May 27 for  
Memorial Day

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
				<b>Cycling Class</b> 6:45 – 7:20 am	
<b>Cardio Mix</b> 9:15 - 10:00 am	<b>Strength Training</b> 9:15 - 10:00 am	<b>Pilates</b> 9:15 - 10:15 am	<b>Low Impact Interval</b> 9:15 - 10:00 am	<b>Strength Training</b> 9:15 - 10:00 am	
<b>Pilates</b> 10:00 - 11:00 am	<b>Cardio Mix</b> 10:00 - 10:45 am		<b>Pilates</b> 10:00 - 11:00 am	<b>Pilates</b> 10:00 - 11:00 am	<b>Zumba</b> 10:00 - 11:00 am
		<b>Beginning Line Dance</b> 10:30 - 11:00 am			
<b>Stretch and Tone</b> 11:15 - 11:45 am		<b>Advanced Line Dance</b> 11:00 - 11:30 am		<b>Stretch and Tone</b> 11:15 - 11:55 am	
	<b>Stretch and Balance</b> 11:30 am - 12:10 pm	<b>Stretch and Tone</b> 11:30 am - 12:00 pm	<b>Gentle Yoga</b> 11:15 am - 12:15 pm		
<b>Beginner Line Dance</b> 5:30 - 6:00 pm	<b>Boot Camp</b> 5:30 - 6:30 pm		<b>Boot Camp</b> 5:30 - 6:30 pm		
<b>Advanced Line Dance</b> 6:00 - 6:30 pm			<b>Cardio Line Dance</b> 6:30-7:30 pm		
<b>Cycling Class</b> 7:00 - 7:45 pm	<b>Pedal and Pump</b> 6:30 - 7:20 pm				
	<b>Special Event</b> May 21 11:30 am Exercise Techniques		<b>Special Event</b> May 2 6:30 pm Easy Yoga Stretch	<b>Special Event</b> May 15 11:15 am Exercise Techniques	