

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				8:30 AM Total Body Blast <i>Tammy</i>	8:00 AM Bands & Balls <i>Sue G</i>	
8:30 AM Indoor Cycling <i>Tammy</i>	8:30 AM Cardio Chisel <i>Tammy</i>	8:30 AM Step <i>Jen S</i>	8:30 AM Raise the Bar <i>Tammy</i>	9:15 AM Senior Cycle <i>Sue G</i>	9:00 AM Indoor Cycling <i>Gina</i>	8:00 AM Indoor Cycling <i>Carol Ann</i>
9:30 AM Total Boday Blast <i>Tammy</i>	9:30 AM Pilates Sculpt <i>Kerri W</i>	9:30 AM Rhythm Cycle <i>Tammy</i>	9:30 AM Zumba <i>Kerri W</i>	9:30 AM Yogalates <i>Nancy</i>	9:00 AM Step & Sculpt <i>Jean</i>	9:30 AM Beginner Yoga <i>Marie</i>
10:30 AM Lo Impact <i>Jen H/Mary Ann</i>	10:30 AM Cardio Drums <i>Mary Ann</i>	9:30 AM Yogalates <i>Cheryl/ Melanie</i>	10:30 AM (30-min) Zen Butts & Guts <i>Kerri W</i>	10:30 AM Zumba <i>Kerri W</i>	10:00 AM Barre Fitness <i>Karen</i>	
11:30 AM Posture Pilates <i>Cheryl</i>	11:30 AM Stretch & Strength <i>Cheryl</i>	11:00 AM Senior Sculpt <i>Deb</i>	11:00 AM Senior Stretch <i>Cheryl</i>	11:30 AM Lo-Impact <i>Jen H</i>	11:00 AM Yoga Fit <i>Tammy</i>	
4:30 PM Total Body Ball <i>Marie</i>		4:30 PM Yoga Stretch <i>Marie</i>	4:30 PM Step <i>Erin</i>	<p style="text-align: center;"><i>Specialty class</i> Cardio Interval w/ Jean Tuesday 5/3, 5/17 & 5/31 @ 4:30 pm</p>		
5:30 PM Mic STRONG	5:30 PM Raise the Bar <i>Christine M</i>	5:30 PM Total Body Burn <i>Carol Ann</i>	5:30 PM Raise the Bar <i>Christine M</i>			
5:30 PM Carol Ann Indoor Cycling	6:30 PM Moves & Muscles <i>Sue S</i>	5:30 PM Gina Indoor Cycling	5:30 PM Indoor Cycling <i>Carol Ann</i>			
		6:30 PM Tracy Zumba				

