




May Group Fitness Schedule 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 6:10 Quick HIITer (Bre) 6:45 Gentle Yoga (Kappy) 9:00 Barre (Danielle P.) 10:00 Stretch Express (Danielle P.) 10:30 iTone (Rissa) 5:00 Power Yoga (Kappy)	2 8:15 Morning Tai Chi (Rissa) 9:00 Spin (Kappy) 10:30 Chair Yoga (Kappy) 5:30 Cardio Tone (Danielle S.) 5:30 Tai Chi (Rissa) 6:30 Yoga (Kappy)	3 6:45 Gentle Yoga (Kappy) 9:00 Power Camp / Kettlebell (Bre) 10:30 iTone (Rissa) 10:45 Chair Yoga (Kappy) 5:30 Power Yoga (Kappy)	4 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Zumba (Ariagna) 5:30 Tai Chi (Rissa) 6:30 Yoga (Kappy)	5 6:30 Total Body Torch (Danielle S.) 6:45 Gentle Yoga (Kappy) 8:15 Tai Chi 101 (Rissa) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol)	6
7 1:30 Cycle + Core (Danielle S)	8 6:45 Gentle Yoga (Kappy) 9:00 Barre (Kappy) 9:00 Zumba (Ariagna) 10:00 Stretch Express (Kappy) 10:30 iTone (Rissa) 1:15 Kids Yoga (Kappy) 5:00 Power Yoga (Kappy)	9 8:15 Morning Tai Chi (Rissa) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 10:45 Strong Nation (Ariagna) 1:15 Kids Yoga (Kappy) 5:30 Cardio Tone (Danielle S.) 5:30 Tai Chi 6:30 Yoga (Kappy)	10 6:45 Gentle Yoga (Kappy) 9:00 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 Power Yoga (Kappy)	11 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit For Life (Carol) 5:30 Zumba (Ariagna) 5:30 Tai Chi (Rissa) 6:30 Yoga (Kappy)	12 6:30 Total Body Torch (Danielle S.) 6:45 Gentle Yoga (Kappy) 8:15 Tai Chi 101 (Rissa) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 6:30 Power Hour (Bre)	13 8:10 Weekend Warrior (Bre) 9:00 Zumba (Ariagna)
14	15 6:10 Quick HIITer (Bre) 6:45 Gentle Yoga (Kappy) 9:00 Barre (Danielle S.) 9:00 Zumba (Ariagna) 10:00 Stretch Express (Danielle S.) 10:30 iTone (Rissa) 5:00 Power Yoga (Kappy)	16 8:15 Morning Tai Chi (Rissa) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 10:45 Strong Nation (Ariagna) 5:30 Kickboxing (Jessica) 5:30 Tai Chi (Rissa) 6:30 Yoga (Kappy)	17 6:45 Gentle Yoga (Kappy) 9:30 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 Power Yoga (Kappy)	18 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Tone (Danielle S.) 5:30 Tai Chi (Rissa) 6:30 Yoga (Kappy)	19 6:30 Total Body Torch (Danielle S.) 6:45 Gentle Yoga (Kappy) 8:15 Tai Chi 101 (Rissa) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 6:30 Power Hour (Bre)	20 8:10 Weekend Warrior (Bre) 9:00 Zumba (Ariagna)
21	22 6:10 Quick HIITer (Bre) 6:45 Gentle Yoga (Kappy) 9:00 Barre (Danielle S.) 9:00 Zumba (Ariagna) 10:00 Stretch Express (Danielle S.) 10:30 iTone (Rissa) 1:15 Kids Yoga (Kappy) 5:00 Power Yoga (Kappy)	23 8:15 Morning Tai Chi (Rissa) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 10:45 Strong Nation (Ariagna) 1:15 Kids Yoga (Kappy) 5:30 Cardio Tone (Danielle S.) 5:30 Tai Chi (Rissa) 6:30 Yoga (Kappy)	24 6:45 Gentle Yoga (Kappy) 9:00 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 Power Yoga (Kappy)	25 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Zumba (Ariagna) 5:30 Tai Chi (Rissa) 6:30 Yoga (Kappy)	26 6:30 Total Body Torch (Danielle S.) 6:45 Gentle Yoga (Kappy) 8:15 Tai Chi 101 (Rissa) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 6:30 Power Hour (Bre)	27 8:10 Weekend Warrior (Bre) 9:00 Zumba (Ariagna)
28	 MEMORIAL DAY	30 8:15 Morning Tai Chi (Rissa) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 10:45 Strong Nation (Ariagna) 5:30 Cardio Tone (Danielle S.) 5:30 Tai Chi (Rissa) 6:30 Yoga (Kappy)	31 6:45 Gentle Yoga (Kappy) 9:00 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ari) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 Power Yoga (Kappy)	1	2	3