



May Group Fitness 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
28	29	30	1 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Power Camp / Kettlebell (Carol) 9:05 A.M. Zumba (Ariagna) 10:30 A.M. iTone (Rissa) 10:45 A.M. Silver Sneakers (Carol) 5:00 P.M. Power Yoga (Kappy)	2 8:00 A.M. Spin Express (Carol) 8:00 A.M. TRX, Trek, Stretch! (Rissa) 9:00 A.M. Body Pump Flex and Define (Carol) 10:30 A.M. Fit for Life (Carol) 5:00 P.M. Yoga Basics (Kappy) 6:00 P.M. Ready, Set, Sweat! (Bre)	3 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Zone Tone (Carol) 10:30 A.M. iTone (Rissa) 10:45 A.M. Silver Sneakers (Carol)	4 10:00 A.M. Tai Chi (Rissa)
5	6 6:45 A.M. Gentle Yoga (Kappy) 9:15 A.M. Zumba (Ariagna) 10:30 A.M. iTone (Rissa) 5:00 P.M. Power Yoga (Kappy)	7 8:15 A.M. Morning Tai Chi (Rissa) 9:00 A.M. Spin (Carol) 10:30 A.M. Fit For Life (Carol) 10:45 A.M. Strong Nation (Ariagna) 4:00 P.M. Beginner's Tai Chi (Rissa) 6:00 P.M. Ready, Set, Sweat! (Bre)	8 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Power Camp / Kettlebell (Carol) 9:05 A.M. Zumba (Ariagna) 10:30 A.M. iTone (Rissa) 10:45 A.M. Silver Sneakers (Carol) 5:00 P.M. Power Yoga (Kappy)	9 8:00 A.M. Spin Express (Kappy) 8:00 A.M. TRX, Trek, Stretch! 10:30 A.M. Fit for Life (Ariagna) 5:00 P.M. Yoga Basics (Kappy) 6:00 P.M. Ready, Set, Sweat! (Bre)	10 6:45 A.M. Gentle Yoga (Kappy) 10:30 A.M. iTone (Rissa) 10:45 A.M. Silver Sneakers (Kappy)	11 9:00 A.M. Zumba (Skarlynn)
12	13 6:45 A.M. Gentle Yoga (Kappy) 10:30 A.M. iTone (Bre) 12:15 P.M. Kids Yoga (Kappy) 5:00 P.M. Power Yoga (Kappy) 6:00 P.M. Zumba (Skarlynn)	14 9:00 A.M. Spin (Carol) 10:30 A.M. Fit For Life (Carol) 10:45 A.M. Strong Nation (Ariagna) 6:00 P.M. Ready, Set, Sweat! (Bre)	15 6:45 A.M. Gentle Yoga (Kappy) 9:05 A.M. Zumba (Ariagna) 9:30 A.M. Power Camp / Kettlebell (Carol) 10:30 A.M. iTone (Ari) 10:45 A.M. Silver Sneakers (Carol) 5:00 P.M. Power Yoga (Kappy)	16 8:00 A.M. Spin Express (Carol) 9:00 A.M. Body Pump Flex and Define (Carol) 10:30 A.M. Fit for Life (Carol) 12:15 P.M. Kids Yoga (Kappy) 5:00 P.M. Yoga Basics (Kappy) 6:00 P.M. Ready, Set, Sweat! (Bre)	17 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Zone Tone (Carol) 10:30 A.M. iTone (Jessica) 10:45 A.M. Silver Sneakers (Carol)	18 9:00 A.M. Zumba (Skarlynn)
19	20 6:45 A.M. Gentle Yoga (Kappy) 10:30 A.M. iTone (Rissa) 5:00 P.M. Power Yoga (Kappy) 6:00 P.M. Zumba (Skarlynn)	21 8:15 A.M. Morning Tai Chi (Rissa) 9:00 A.M. Spin (Carol) 10:30 A.M. Fit For Life (Carol) 10:45 A.M. Strong Nation (Ariagna) 4:00 P.M. Beginner's Tai Chi (Rissa) 6:00 P.M. Ready, Set, Sweat! (Bre)	22 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Power Camp / Kettlebell (Carol) 9:05 A.M. Zumba (Ariagna) 10:30 A.M. iTone (Rissa) 10:45 A.M. Silver Sneakers (Carol) 5:00 P.M. Power Yoga (Kappy)	23 8:00 A.M. Spin Express (Carol) 8:00 A.M. TRX, Trek, Stretch! (Rissa) 9:00 A.M. Body Pump Flex and Define (Carol) 10:30 A.M. Fit for Life (Carol) 5:00 P.M. Yoga Basics (Kappy) 6:00 P.M. Ready, Set, Sweat! (Bre)	24 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Zone Tone (Carol) 10:30 A.M. iTone (Rissa) 10:45 A.M. Silver Sneakers (Carol)	25 9:00 A.M. Zumba (Skarlynn)
26	27 6:45 A.M. Gentle Yoga (Kappy) 9:15 A.M. Zumba (Ariagna) 10:30 A.M. iTone (Rissa) 5:00 P.M. Power Yoga (Kappy) 6:00 P.M. Zumba (Skarlynn)	28 8:15 A.M. Morning Tai Chi (Rissa) 9:00 A.M. Spin (Carol) 10:30 A.M. Fit For Life (Carol) 10:45 A.M. Strong Nation (Ariagna) 4:00 P.M. Beginner's Tai Chi (Rissa)	29 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Power Camp / Kettlebell (Carol) 9:05 A.M. Zumba (Ariagna) 10:30 A.M. iTone (Rissa) 10:45 A.M. Silver Sneakers (Carol) 5:00 P.M. Power Yoga (Kappy)	30 8:00 A.M. Spin Express (Carol) 8:00 A.M. TRX, Trek, Stretch! (Rissa) 9:00 A.M. Body Pump Flex and Define (Carol) 10:30 A.M. Fit for Life (Carol) 5:00 P.M. Yoga Basics (Kappy) 6:00 P.M. Ready, Set, Sweat! (Bre)	31 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Zone Tone (Carol) 10:30 A.M. iTone (Rissa) 10:45 A.M. Silver Sneakers (Carol)	1