

## MAY GROUP FITNESS/GROUP TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 <u>T3 CIRCUIT</u> <u>Andrea L</u>	6:15 BIKE Laura-45min	6:15 20/20/20 Andrea B-45min	6:15 BIKE/ABS Andrea B-45min	6:15 <u>ROW/LIFT</u> <u>Andrea B-45min</u>		
8:00 TABATA Andrea B-45 min	8:00 BIKE/WEIGHTS Kelly	8:00 <u>XROW</u> <u>Kelly</u>	8:00 <u>MASHUP</u> <u>Andrea B</u>	8:00 BIKE Kelly-30min	8:00 BIKE Andrea B-45min	
9:15 BIKE Kelly-45min	9:15 BIKE Nikki-30min	9:15 BIKE Alannah-45Min	9:15 FUNCTIONAL STRENGTH Kelly	9:15 BIKE Melanie-45min	8:00 <u>ROW/LIFT</u> <u>Andrea B-45min</u>	9:00 FUNCTIONAL STRENGTH Andrea L/Tracey
9:15 <u>FIGHTCLUB</u> <u>Andrea B</u>		9:15 <u>MASHUP</u> <u>Kelly</u>			9:00 BIKE Kelly-45min	
9:30 YOGA Amanda-75min	9:30 VINYASA FLOW YOGA Shannon-75min	9:30 HIP OPENER YOGA Kim-75min	9:30 YIN YOGA Sean-75min	9:15 STRETCH AND STRENGTH Carolyn	9:30 POWER FLOW YOGA 75 min	10:00 BIKE-30min Andrea L/Tracey
10:00 SUPER SETS Andrea L	9:45 HALO Sami-45min			9:30 HIP OPENER YOGA Betty (75min)		10:00 <u>This will alternate</u> <u>XROW/BARRE/ROPES</u> <u>See app for dates</u>
10:45 SILVER RIDERS MOTOWN Michelle-20min	10:30 ZUMBA Carolyn	10:45 SILVER RIDERS RESISTANCE RIDE Michelle-40min	10:45 SILVER RIDERS CHART TOPPERS Laura/Michelle	10:15 FUNCTIONAL STRENGTH Carolyn-30min	10:00 ZUMBA Carolyn	10:30 HATHA YOGA MIXED LEVEL 75 min
11:15 GENTLE YOGA Betty-60min	11:00 SILVER RIDERS CLASSIC Michelle-20min	11:30 ZUMBA GOLD (BEGINNER) Carolyn	11:15 BEGINNER PUMP/ABS Carolyn-45min	10:45 SILVER RIDERS Andrea B 20min	11:00 PILATES Kelly	11:00 ZUMBA Carolyn
11:15 BEG. TABATA Carolyn-45min	11:30 CORE TABATA Andrea B-45min	11:30 GENTLE YOGA Kim -75min		11:15 GENTLE YOGA Betty-75min		
12:30 THERAPEUTIC YOGA Betty-60min	11:30 GENTLE YOGA Kim 60min		12:00 STRETCH & FLEX YOGA Betty-60min			
4:45 BIKE Kelly-30min	4:45 TABATA Andrea B-45min	4:45 BIKE / ABS Andrea L-45min	4:45 YOGA UNSCRIPTED Sean-75min	4:45 <u>FIGHTCLUB</u> <u>Andrea B</u>		
	4:45 VINYASA FLOW Amy-75min		4:45 BIKE Nikki-30min			
5:30 CORE Kelly	5:30 <u>XROW</u> <u>Kelly</u>	5:30 BIKE/WEIGHTS Kelly	5:30 <u>BATTLE ROPE</u> <u>BOOTCAMP</u> <u>Alannah</u>			
6:30 HALO Sami	6:15 VINYASA FLOW YOGA Amanda-75min	6:30 FULL BODY CONDITIONING Sami	6:15 VINYASA FLOW YOGA Shannon-75min			
6:30 BIKE/ABS Tracey	6:30 BEGINNER BIKE Tara-30min	7:30 MEDITATION YOGA Kim-75min	6:30 BEGINNER PUMP Jenny			
7:30 ZUMBA Adrienne	6:30 <u>ROW/ROPE/LIFT</u> <u>Andrea L</u>					
7:30 HATHA YOGA Kim-75min	7:30 PILATES Kelly-45min	7:30 <u>BARRE</u> <u>Carolyn</u>	7:30 STRETCH/STRENGTH Carolyn			

**STUDIO HOURS:** Mon - Wed 6am -9pm /Thurs 6am - 8:30pm/ Fri 6am - 7pm / Sat & Sun 7am - 3pm

