





SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

START Your Week With One SUPER WORKOUT!	1	C 5:30a Cycle(60) A 5:30a METROFIT B 8:00a Stretch Yoga C 8:15a Cycle(60) A 8:30a Training Camp A 9:35a Cardio Body Flow B 9:40a Dynamic Flow A 10:45a Active Aging A 4:30p Muscle Mix A 5:35p Turbo Kick C 5:45p Power Cycle	Phillip Julia/Travis Dee Leigh Anne Whitney Whitney Juliet Mel Leigh Anne Mary Kat Julia	2	A 5:30a Turbo Kick B 6:30a Yoga A 8:30a Turbo Kick A 9:35a Bar and Burn A 4:30p Functional Training this class is limited to 8 ppl B 5:30p Pilates A 5:35p Tabata Step	Richard Laura Mary Kat Jackie Ray Jennifer Brenda	3 New Yoga for Athletes 9:35a	T 5:30a INTERVAL RUN A 5:30a MASHUP B 8:00a Yoga/Meditation C 8:15a Cycle(45) A 8:30a Muscle Mix A 9:35a Sculpt Lite B 9:35a Yoga for Athletes A 4:30p Body Xtreme C 5:30p Cycle A 5:35p METROFIT	Ste/ Katie Brenda Dee Julia Leigh Anne Whitney Twila Ray/Whit Ron Travis/Julia	4	C 5:30a Short Spin(45) A 5:30a Bar & Burn A8:30a Cardio Meltdown A 9:30a Active Aging B 9:35a BAR-lates A 4:30p Cardio Chisel B 4:30p Yoga A 5:35p Mashup/Step	Ron No class Mary Kat LA/Delisa Jodie Brenda Debbie Richard	5 CINCO DE MAYO!!!	T 5:00a TRX 45 A 5:30a Body Xtreme B 8:00a Stretch Yoga C 8:15a Cycle (60) A 8:30a CINCO DE MAYO ZUMBA PARTY!!! Guests are \$5!! A 9:35a Low Impact B 9:40a Dynamic Flow A 5:30p ZUMBA!!	Allison Whitney Dee Julia Mary Kat Ray Juliet Richard	6	T 8:30a SOS C 8:30a Cycle A 9:00a POWER STEP B 9:35a YOGA FOR ATHLETES	Jan Julia Ray Twila	Burn Off Those Wkd Calories! 8:30a Cycle!
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4:00pm Muscle Mix!!!	7	C 3:00p Cycle A 4:00p Muscle Mix B 4:00 Yoga	Julia LeighAnn Debbie	8	C 5:30a Cycle(60) A 5:30a METROFIT B 8:00a Stretch Yoga C 8:15a Cycle(60) A 8:30a Training Camp A 9:35a Cardio Body Flow B 9:40a Dynamic Flow A 10:45a Active Aging A 4:30p Yoga for Athletes A 5:35p Turbo Kick C 5:45p Power Cycle	Phillip Julia/Travis Dee Leigh Anne Mary Kat Mary Kat Juliet Mel Twila Richard Julia	9	A 5:30a Turbo Kick B 6:30a Yoga A 8:30a Turbo Kick A 9:35a Bar and Burn A 4:30p Functional Training this class is limited to 8 ppl B 5:30p Pilates A 5:35p Tabata Step	Mary Kat Laura Whitney Jackie Ray Jennifer Brenda	10 New Yoga for Athletes 9:35a	T 5:30a INTERVAL RUN A 5:30a MASHUP B 8:00a Yoga/Meditation C 8:15a Cycle(45) A 8:30a Muscle Mix A 9:35a Sculpt Lite B 9:35a Yoga for Athletes A 4:30p Body Xtreme C 5:30p Cycle A 5:35p POUND/Step	Ste/ Katie Brenda Dee Julia Leigh Anne Ray Twila Whitney Julia Ray	11	C 5:30a Short Spin(45) A 5:30a Bar & Burn A8:30a Cardio Meltdown A 9:30a Active Aging B 9:35a BAR-lates A 4:30p Cardio Chisel B 4:30p Yoga A 5:35p Mashup/Step	Ron Jackie Mary Kat LA/Delisa Jodie Brenda Debbie Richard	12 NEW TRX 5AM!	T 5:00a TRX 45 A 5:30a Body Xtreme B 8:00a Stretch Yoga C 8:15a Cycle (60) A 8:30a RAYzing the Bar A 9:35a Low Impact B 9:40a Dynamic Flow A 5:30p Latin Dance	Allison Whitney Dee Julia Ray Whitney Juliet Maya	13	T 7:00a Metro Milers T 8:00a TRX 45 C 8:30a Cycle A 9:00a POWER STEP B 9:35a Yoga	Ste/ Katie Ray Jan Ray Paula	9:35am Yoga w/ Paula!
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Happy Mother's Day!!! Bring your MOM to class!	14	C 3:00p Cycle A 4:00p Tabata Step B 4:00p Restorative Yoga	Mary Kat Brenda Dee	15	C 530a Cycle(60) A 5:30a METROFIT B 8:00a Stretch Yoga C 8:15a Cycle(60) A 8:30a Training Camp A 9:35a Cardio Body Flow B 9:40a Dynamic Flow A 10:45a Active Aging A 4:30p Muscle Mix A 5:35p Turbo Kick C 5:45p Power Cycle	Phillip Julia/Travis Dee Leigh Anne Whitney Whitney Juliet Mel Leigh Anne Mary Kat Ron	16	A 5:30a Turbo Kick B 6:30a Yoga A 8:30a Turbo Kick A 9:35a Bar and Burn A 4:30p Functional Training (this class is limited to 8 ppl) A 5:35p Tabata Step B 5:30p Pilates	Richard Laura Mary Kat Carol Ray Brenda Jennifer	17 New Yoga for Athletes 9:35a	T 5:30a METRO MILERS A 5:30a MASHUP B 8:00a Yoga/Meditation C 8:15a Cycle(45) A 8:30a Muscle Mix A 9:35a Sculpt Lite B 9:35a Yoga for Athletes A 4:30p Body Xtreme C 5:30p Cycle A 5:35p CLUB METRO!!!! \$5 FOR GUESTS!	Ste/ Katie Brenda Dee Julia Leigh Anne Ray Twila Ron Ray,Rich MK, Whit!	18	C 5:30a Short Spin(45) A 5:30a Bar & Burn A8:30a Cardio Meltdown A 9:30a Active Aging B 9:35a BAR-lates A 4:30p Cardio Chisel B 4:30p Yoga A 5:35p Mashup/Step	Ron Jackie Mary Kat LA/Delisa Jodie Brenda Debbie Richard	19 NEW TRX 5AM!	T 5:00a TRX 45 A 5:30a Body Xtreme B 8:00a Stretch Yoga C 8:15a Cycle (60) A 8:30a Dance Mania A 9:35a Low Impact B 9:40a Dynamic Flow A 5:30p Power Step	Allison Whitney Dee Brenda Whitney Whitney Juliet Richard	20	T 8:30a SOS C 8:30a Cycle A 9:00a Circuit Training B 9:35a Yoga	Jan Ron Delisa Debbie	9:35am Yoga w/ Debbie!
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	21	C 3:00p Cycle Tone! B 4:00 Yoga	Ron Whitney Debbie	22	C 5:30a Cycle(60) A 5:30a METROFIT B 8:00a Stretch Yoga C 8:15a Cycle(60) A 8:30a Training Camp A 9:35a Cardio Body Flow B 9:40a Dynamic Flow A 10:45a Active Aging A 4:30p Muscle Mix A 5:35p Turbo Kick C 5:45p Power Cycle	Phillip Julia/Travis Dee Leigh Anne Whitney Whitney Juliet Mel Leigh Anne Richard Julia	23	A 5:30a Turbo Kick B 6:30a Yoga A 8:30a Turbo Kick A 9:35a Bar and Burn A 4:30p Functional Training B 5:30p Pilates A 5:35p Tabata Step	Mary Kat Willemijn Whitney Jackie Ray Jennifer Brenda	24 New Yoga for Athletes 9:35a	T 5:30a INTERVAL RUN A 5:30a MASHUP B 8:00a Yoga/Meditation C 8:15a Cycle A 8:30a Muscle Mix A 9:35a Sculpt Lite B 9:35a Yoga for Athletes A 4:30p Body Xtreme C 5:30p Cycle A 5:35p METROFIT	Ste/ Katie Brenda Dee Julia Leigh Anne Ray Twila Ron Travis/Julia	25	C 5:30a Short Spin(45) A 5:30a Bar & Burn A8:30a Cardio Meltdown A 9:30a Active Aging B 9:35a BAR-lates A 4:30p Cardio Chisel B 4:30p Yoga A 5:35p Mashup/Step	Ron Jackie Mary Kat LA/Delisa Jodie Brenda Debbie Richard	26 NEW TRX 5AM!	T 5:00a TRX 45 C 5:30a Race and Ripped B 8:00a Stretch Yoga C 8:15a Cycle (60) A 8:30a RAYzing the Bar A 9:35a Low Impact B 9:40a Dynamic Flow A 5:30p INSANITY/Barre	Allison Keon Dee Julia Ray Whitney Juliet Ray	27	C 8:30a Cycle A 9:00a P90X Live B 9:35a Yoga	Julia Brenda Willemijn	START Your Weekend With One SUPER WORKOUT!
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END Your Weekend With One SUPER WORKOUT!	28	C 3:00p Cycle A 4:00p Body Xtreme B 4:00p Yoga	Julia Ray Willemijn	29 Club Hours 7am-1pm A 9:00a Memorial ??Mystery Mix?? Show Up, good luck	Ray./MK Richard Whitney	30	A 5:30 Turbo Kick B 6:30a Yoga A 8:30a Turbo Kick A 9:35a Bar & Burn A 4:30p Race & Ripped A 5:35p Tabata Step B 5:30p Pilates	Richard Willemijn Mary Kat Jackie Ray Brenda Jennifer	31 New Yoga for Athletes 9:35a	T 5:30a MILERS A 5:30a MASHUP B 8:00a Yoga C 8:15a Cycle A 8:30a Muscle Mix A 9:35a Sculpt Lite B 9:35a Yoga Athletes A 4:30p Body Xtreme C 5:30p Cycle A 5:35p ZUMBA	Ste/Katie Brenda Dee Julia Leigh Ann Ray Twila Whitney Ron Richard	  			
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