MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 DOUBLE TROUBLE 8:30a	**2**	**3 Bar-lates is back on the Track!**	**4**	**5**
		A 5:30a 20/20/20 Mary Kat	A 5:15a FIRE Jamie/Des	A 5:30a Bar & Burn Jackie	T 5:15a **TRX 45** **Kay**	C 8:30a **Cycle** Phillip
		A 8:30a Double Trouble!! **Jodie**	B 8:00a Yoga/Meditation **Dee**	T 5:30a METRO MILERS **Ste/Kat**	**5:30a Training Camp** Brenda	A 9:00a ZUMBA + cardio MK/Travis
		Anything goes! Leigh A	C 8:15a Cycle(45) Julia	A8:30a Cardio Meltdown Brenda	B 8:00a Stretch Yoga Dee	**PARTAY!!! 90 min** Brenda
		B 8:30a Power Yoga M J	A 8:30a Muscle Mix Leigh Anne	B 9:00a Power Yoga Laura	**C 8:15a Cycle** Julia	**B 9:35A Power Yoga** Megan
		A 9:35a Bar and Burn Jackie	A 9:35a Sculpt Lite Mary Kat	A 9:30a **Active Aging** Jodie	**A 8:30 Friday's MIX** Leigh A	Burn Off Those Wkd Calories with our Cinco De Mayo class!
		A 4:30p Functional Training Julia	**A 4:30p BIKE BOX LIFT** Julia/Travis	T9:30a Bar-lates Carol	A 9:35a Low Impact Brenda	
		A 5:35p **Tabata Step** **Brenda**	C 5:30p Cycle **Ron**	A 4:30p **SCULPT** **Brenda**	B 9:40a Yoga Lisa	
		B 5:30p Power Yoga Megan	**A 5:35p Turbo Kick** Zel			
				A 5:35p Circuit Training Travis		
					A 5:30p Jungle Body Angel	
6	**7**	**8 NEW TRX Circuit 5:30am!**	**9**	**10 Bar-lates is back on the Track!**	**11 ZUMBA DUO 8:30a!**	**12**
C 3:00p BIKE BOX LIFT **Trav/Juli**	A 530a 30TK/ 30 Weights Zel	**A 5:30a TRX Circuit** Jodie		A 5:30a Bar & Burn Jackie		T9:00a SOS **Jan**
A 4:00p Step Intervals Brenda	B 8:00a Stretch Yoga Dee		A 5:15aFIRE Jamie/Des	T 5:30a INTERVAL RUN Ste/Katie	T 5:15a **TRX 45** Kay	C 8:30a Cycle Ron
	C 8:15a Cycle(60) Leigh Anne	**A 8:30a Turbo Kick** Mary Kat	B 8:00a Yoga/Meditation Dee	A8:30a Cardio Meltdown Brenda	**A 5:30a Training Camp** Brenda	A 9:00a **Tabata Blast** Phillip
B 4:00p Yoga Dee	A 8:30a **20/20/20** Mary Kat	**B 8:30a Power Yoga** M J	C 8:15a Cycle(45) Julia/Amy	B 9:00a Power Yoga Laura	B 8:00a Stretch Yoga Dee	
Burn Off Those Wkd Calories! 4pm Step !	A 9:35a Low Impact Jodie	A 9:35a Bar and Burn Jackie	A 8:30a Muscle Mix Jodie	A 9:30a **Active Aging** Jodie	C 8:15a Cycle (60 Julia	**B 9:35a Yoga** Lisa
	B 9:40a Yoga Margree	A 4:30p Functional Training Julia	A 9:35a Sculpt Lite Mary Kat	T 9:30a Bar-lates Carroll	**A 8:30a ZUMBA DUO** MK/Dany	START Your Weekend With One SUPER WORKOUT!
	A 10:45a **Active Aging** **Sharon**	A 5:35p **Tabata Step** Brenda	**A 4:30p BIKE BOX LIFT** Julia/Travis	A 4:30p **SCULPT** Brenda	A 9:35a Low Impact Brenda	
	A 4:30p Circuit Training Julia	B 5:30p **Pilates** Jennifer	C 5:30p Cycle Ron		B 9:40a Yoga Lisa	
	A 5:35p 20/20/20 Mary Kat		**A 5:35p Turbo Kick** Zel	**A 5:35p Tabata Blast** Mia		
	C 5:45p Power Cycle Julia					
13	**14 OUTDOOR SPIN 5:45**	**15 NEW TRX Circuit 5:30am!**	**16**	**17 Bar-lates is back on the Track!**	**18**	**19**
C 3:00p Cycle Phillip	C 530a **30TK/30 Weights** Zel	A 5:30a TRX Circuit Jodie		A 5:30a Bar and Burn Jackie	T 5:15a **TRX 45** Kay	C 8:30a Cycle Zel
A 4:00p FIRE Jamie.De	B 8:00a Stretch Yoga Dee		A 5:15a FIRE Jamie/Des	T 5:30a METRO MILERS **Ste/Katie**	**A 5:30a Training Camp** Brenda	A 9:00a 20/20/20 Mary Kat
B 4:00p Yoga Dee	C 8:15a Cycle/Amy Leigh Anne	A8:30a Turbo Kick Mary Kat	B 8:00a Yoga/Meditation Dee	A8:30a **Cardio Meltdown** Brenda	B 8:00a Stretch Yoga Dee	Turbo/Sculpt/Step
	A 8:30a **20/20/20** Mary Kat	**B 8:30a Power Yoga** M J	C 8:15a Cycle(45) Julia	B 9:00a Power Yoga Laura	C 8:15a Cycle (60) Julia/Amy	B 9:35a Yoga Paula
Burn Off Those Wkd Calories! 4:00pm FIRE!	A 9:35a Low Impact Jodie	A 9:35a Bar and Burn Jackie	**A 8:30a Muscle Mix** Leigh Anne	A 9:30a **Active Aging** **Jodie**	**A 8:30a Friday's MIX** Jodie	9:35am Yoga W/ Paula !
	B 9:40a Yoga No Class	A 4:30p Functional Training Julia	A 9:35a Sculpt Lite Mary Kat	T 9:30a Bar-lates Carroll	A 9:35a Low Impact Brenda	
	A 10:45a **Active Aging** Sharon	(this class is limited to 8 ppl)	**A 4:30p BIKE BOX LIFT** **Julia/Trav**	A 4:30p **SCULPT** Brenda	B 9:40a Yoga Lisa	
	A 4:30p Circuit Training Julia	A 5:35p **Tabata Step** Brenda	C 5:30p Cycle Ron			
	A 5:35p 20/20/20 Mary Kat	B 5:30p Power Yoga Megan	**A 5:35p Turbo Kick** Zel	A 5:35p **Kettlebell & BOXING** MK/Trav	**A5:30a Jungle Body** Angel	
	C 5:45p **OUTDOOR SPIN** Julia					
20	**21**	**22 NEW TRX Circuit 5:30am!**	**23**	**24 Bar-lates is back on the Track!**	**25 TK and BOXING 8:30a!**	**26**
C 3:00p Cycle Julia	C 5:30a **30 TK/ 30 Weights** Zel	A 5:30a TRX Circuit Jodie		A 5:30a Bar and Burn Jackie	T 5:15a **TRX 45** Kay	T 6:30a Milers Ste/Katie
A 4:00p P90X Brenda	B 8:00a Stretch Yoga Dee		A 5:15a FIRE Jamie/Des	T 5:30a INTERVAL RUN Ste/Katie	**A 5:30a Training Camp** Brenda	T9:00a SOS Jan
B 4:00 Yoga Willemijn	**C 8:15a Cycle** Leigh Anne	**A 8:30a Turbo Kick** Mary Kat	B 8:00a Yoga/Meditation Dee	A8:30a **Cardio Meltdown** Brenda	B 8:00a Stretch Yoga Dee	C 8:30a Cycle Amy
	A 8:30a **20/20/20** Mary Kat	**B 8:30a Power Yoga** M J	C 8:15a Cycle Julia	B 9:00a Power Yoga Laura	C 8:15a Cycle (60) Amy	A 9:00a **STEP** Brenda
End Your Weekend With a WORKOUT!!!!!! 3 great classes 3 awesome instructors!!	A 9:35a Low Impact Jodie	A 9:35a Bar and Burn Jackie	A 8:30a Muscle Mix Leigh Anne	A 9:30a **Active Aging** Jodie	**A 8:30a TK and BOXING** MK/Travis	B 9:35a Pilates Jennifer
	B 9:40a Yoga Margree	A 4:30p Functional Training **Julia**	A 9:35a Sculpt Lite Mary Kat	T 9:30a Bar-lates Carroll	A 9:35a Low Impact Brenda	
	A 10:45a **Active Aging** Sharon	A 5:35p **Tabata Step** Brenda	**C 4:30p BIKE BOX LIFT** Travis/MK	A 4:30p **SCULPT** Brenda	B 9:40a Yoga **Lisa**	
	A 4:30p Circuit Training Julia	B 5:30p **Pilates** Jennifer	A 5:35p Turbo Kick Zel			
	A 5:35p 20/20/20 Mary Kat		C 5:30p Cycle Ron	A 5:35p Tabata Blast Mia		START Your Weekend With One SUPER WORKOUT!
	C 5:45p Power Cycle Julia					
27	**28 Club hours 7am-1pm**	**29 NEW TRX Circuit 5:30am!**	**30**	**31 Bar-lates is back on the Track!**		
C 3:00p Cycle Mary Kat	A 8:30a **BEAT** Brenda			A 5:30a Bar and Burn **Jackie**		
A 4:00p FIRE Jamie/De	**THE BBQ** Julia	A 5:30a TRX Circuit **Jodie**	A 5:15a FIRE **Jamie/Des**	T 5:30a METRO MILERS **Ste/Kat**		
B 4:00 Yoga Willenijn	**MASTERCLASS!**	**A 8:30a Turbo Kick** **Mary Kat**	B 8:00a Yoga/Meditation **Dee**	A8:30a **Cardio Meltdown** **Brenda**		
		B 8:30a Power Yoga **M J**	C 8:15a Cycle **Julia**	B 9:00a Power Yoga **Lisa**		
END Your Weekend WORKOUT!	*Club Hours 7am-1pm* HAVE A SAFE AND HAPPY MEMORIAL DAY!	A 9:35a Bar and Burn **Jackie**	A 8:30a Muscle Mix **Leigh Ann**	A 9:30a **Active Aging** **Jodie**		
		A 4:30p Functional Training **Julia**	A 9:35a Sculpt Lite **Mary Kat**	T 9:30a Bar-lates **Carroll**		
		A 5:35p **Tabata Step** **Brenda**	**C 4:30p BIKE BOX LIFT** **Travis/Juli**	A 4:30p **SCULPT** **Brenda**		
		B 5:30p Power Yoga **Megan**	A 5:35p Turbo Kick **Zel**	A 5:35p Circuit Training **Travis**		
			C 5:30p Cycle **Ron**			