

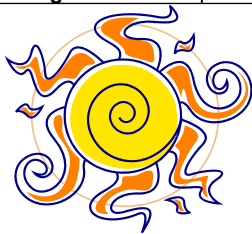


SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

				1		2		3		4	
				A 5:15a FIT CAMP	Ashley	A 5:30a Bar and Burn	Jackie	T 5:15a TRX	Kay	C 8:30a Cycle	Amy
				B 8:00a Yoga	Paula	T 5:30a INTERVAL RUN	Katie	C 5:15a METcamp	Mary Kat	A 9:00a FIT CAMP	Ashley
				C 8:15a Cycle(45)	Mary Kat	C 5:30a PELOTON cycle		T 6:30a TRX 101	Kay	B 9:35a Yoga	Lisa
				A 8:30a Muscle MIX	Leigh Anne	A8:30a Cardio Meltdown	Brenda	B 8:00a Stretch Yoga 90	Dee		
				A 9:35a Sculpt Lite	Delisa	B 8:30a Power Yoga	Amy	C 8:15a Cycle	Amy		
				A 4:30p BOX INTERVALS	Travis	C 9:00a PELOTON cycle		F 8:15 Functional Training	Leigh A		
				C 5:30p Cycle	Joshua	A 9:30a Active Aging	Jodie	A 8:30a ZUMBA	MK/Dany		
				A 5:35p Turbo Kick	Zel	B 9:30a Bar-lates	Carroll	A 9:35a Low Impact	Brenda		
						A 4:30p30 Cardio/ 30 Sculpt	Brenda	B 9:35a Yoga	Lisa		
		B 4:30p Yoga	Paula	A 10:30a Tai Chi	Peggy						
		B 5:35p Pilates	Paula								
		A 5:35p FIT CAMP	Ashley								

5 ZUMBA PARTY!		6		7		8		9		10 5:15a Lower Body Plyo/Burst Training		11	
C 3:00p Cycle	Amy	C 530a 30TK/ 30 Weights	Zel	A 5:30a Cardio Sculpt	Brenda	A 5:15a FIT CAMP	Ashley	A 5:30a Sculpt	Brenda	T 5:15a TRX	Kay	C 8:30a Cycle	Zel
A 4:00p Cinco de Mayo Zumba!	Dan/MK	B 8:00a Stretch Yoga 90	Dee	C 5:30a PELOTON cycle		B 8:00a Yoga	Dee	T 5:30a INTERVAL RUN	Ste/Katie	C 5:15a Lower Body Plyo And Burst Training	Mary Kat	A 9:00a Cardio Sculpt	Brenda
B 4:00p Yoga	Dee	C 8:15a Cycle	Leigh Anne	A 8:30a SWEATILATES	Jodie	C 8:15a Cycle(45)	Mary Kat	C 5:30a PELOTON cycle		T 6:30a TRX 101	Kay	T 9:00 S.O.S	Jan
<p>CINCO DE MAYO ZUMBA PARTY W/ MK & DANYALLE!</p>		A 8:30a 20/20/20	Mary Kat	B 8:30a Power Yoga	Amy	A 8:30a Muscle MIX	Leigh Anne	A8:30a Cardio Meltdown	Brenda	B 8:00a Stretch Yoga 90	Dee	B 9:35a Yoga	Lisa
		A 9:35a Low Impact	Jodie	C 9:00a PELOTON cycle		A 9:35a Sculpt Lite	Mary Kat	B 8:30a Power Yoga	Amy	C 8:15a Cycle	Amy	<p>9:35am Yoga w/ Lisa!</p>	
		B 9:40a Yoga	Margree	A 9:35a Bar and Burn	Jackie	A 4:30p BOX INTERVALS	Travis	C 9:00a PELOTON cycle		T 8:15a TRX	Jodie		
		A 4:30p Circuit Training	Brenda	A 4:30p FIT CAMP	Ashley J	C 5:30p Cycle	Amy	A 9:30a Active Aging	Jodie	A 8:30a ZUMBA DUO	MK/Dany		
		A 5:35p Turbo Kick/Mix	Mary Kat	B 4:30p Pilates	Jodie	A 5:35p Turbo Kick	Zel	B 9:30a Bar-lates	Carroll	A 9:35a Low Impact	Brenda		
		C 5:45p Power Cycle	Amy B	A 5:35p Tabata Step	Brenda			A 4:30p 30 Cardio/30 Sculpt	Brenda	B 9:35a Yoga	Lisa		
								B 4:30p Yoga	Amy	A 10:30a Tai Chi	Peggy		
								B 5:35p Pilates	No Class				
								A 5:35p FIT CAMP	Ashley	A5:15p Jungle Body	Angel		

12		13		14 9:35a BOX INTERVALS		15		16		17		18	
C 3:00p Cycle	Joshua	C 530a 30TK/ 30 Weights	Zel	A 5:30a Cardio Sculpt	Brenda	A 5:15a FIT CAMP	Ashley	A 5:30a Bar and Burn	Jackie	T 5:15a TRX	Kay	C 8:30a Cycle	Phillip
A 4:00p Circuit Training	Brenda	B 8:00a Stretch Yoga 90	Dee	C 5:30a PELOTON cycle		B 8:00a Yoga	Dee	T 5:30a METRO MILERS	Ste/Katie	C 5:15a METcamp	Mary Kat	A 9:00a 30TK/30Weight	Zel
B 4:00p Yoga	Lisa	C 8:15a Cycle PLUS	Leigh Anne	A8:30a SWEATILATES	Jodie	C 8:15a Cycle(45)	Mary Kat	C 5:30a PELOTON cycle		T 6:30a TRX 101	Kay	B 9:35a Yoga	Margree
<p>Burn Off Those Wkd Calories! 3:00p Cycle With Joshua</p>		A 8:30a 20/20/20	Jodie	B 8:30a Power Yoga	Amy	A 8:30a Muscle MIX	Leigh Anne	A8:30a Cardio Meltdown	Brenda	B 8:00a Stretch Yoga 90	Dee	<p>Start Your Weekend With THIS WORKOUT!!!!!! TK/weights 9am</p>	
		A 9:35a Low Impact	Jodie	C 9:00a PELOTON cycle		A 9:35a Sculpt Lite	Delisa	B 8:30a Power Yoga	Amy	C 8:15a Cycle (60)	Amy		
		B 9:40a Yoga	Amy	A 9:35a BOX INTERVALS	MK/Travi	A 4:30p FIT CAMP	Ashley	C 9:00a PELOTON cycle		F 8:15 Functional Training	Leigh A		
		A 4:30p Circuit Training	Brenda	B 4:30p Pilates	Jodie	A 4:30p BOX INTERVALS	Travis	A 9:30a Active Aging	Jodie	A 8:30a ZUMBA DUO	Danyalle		
		A 5:35p Turbo Kick/Mix	Mary Kat	A 5:35p Tabata Step	Brenda	C 5:30p Cycle	Joshua	B 9:30a Bar-lates	Carroll	A 9:35a Low Impact	Brenda		
		C 5:45p Power Cycle	Amy B			A 5:35p Turbo Kick	Zel	A 4:30 30 Cardio/30 Sculpt	Brenda	B 9:35a Yoga	Amy		
								B 4:30p Yoga	Amy	A 10:30a Tai Chi	Peggy		
								B 5:35p Pilates	No Class				
								A 5:35p FIT CAMP	Travis				

19		20 5:30p Lower Body Plyo/Burst		21		22		23		24		25	
C 3:00p Cycle	Zel	C 5:30a 30 TK/ 30	Zel	A 5:30a Cardio Sculpt	Brenda	A 5:15a FIT CAMP	Ashley	A 5:30a Bar and Burn	Jackie	T 5:15a TRX	Kay	C 8:30a Cycle	Phillip
A 4:00p INSANITY	Phillip	B 8:00a Stretch Yoga 90	Dee	C 5:30a PELOTON cycle		B 8:00a Yoga 90	Dee	T 5:30a INTERVAL RUN	Ste/Katie	C 5:15a METcamp	Mary Kat	A 9:00a P90X	Brenda
B 4:00p Yoga	Lisa	C 8:15a Cycle	Leigh Anne	A 8:30a SWEATILATES	Jodie	C 8:15a Cycle 45	Mary Kat	C 5:30a PELOTON cycle		T 6:30a TRX 101	Kay	T 9:00 S.O.S	Jan
<p>This Sunday Has You Covered!!!</p>		A 8:30a 20/20/20	Mary Kat	B 8:30a Power Yoga	Amy	A 8:30a Muscle Mix	Leigh Anne	A8:30a Cardio Meltdown	Brenda	B 8:00a Stretch Yoga 90	Dee	B 9:35a Yoga	Willemijn
		A 9:35a Low Impact	Jodie	C 9:00a PELOTON cycle		A 9:35a Sculpt Lite	Mary Kat	B 8:30a Power Yoga	Amy	C 8:15a Cycle (60)	Amy	<p>9:35am Yoga w/Willemijn!</p>	
		B 9:40a Yoga	Margree	A 9:35a Bar and Burn	Jackie	A 4:30p BOX INTERVALS	Travis	C 9:00a PELOTON cycle		T 8:15a TRX	Jodie		
		A 4:30p Circuit Training	Brenda	A 4:30p FIT CAMP	Ashley J	C 5:30p Cycle	Amy	A 9:30a Active Aging	Jodie	A 8:30a ZUMBA DUO	Mary Kat		
		A 5:35p Lower Body Plyo And Burst Training	Mary Kat	B 4:30p Pilates	Jodie	A 5:35p Turbo Kick	Zel	B 9:30a Bar-lates	Carroll	A 9:35a Low Impact	Brenda		
		C 5:45p Power Cycle	Phillip	A 5:35p Tabata Step	Brenda			A 4:30 30 Cardio/30 Sculpt	Brenda	B 9:35a Yoga	Lisa		
								B 4:30p Yoga	Amy	A 10:30a Tai Chi	Peggy		
								B 5:35p Pilates	No Class	A5:15p Jungle Body	Angel		
								A 5:35p FIT CAMP	Ashley				

26 Reduced Schedule		27 Club hours 7am-1pm		28 9:35a BOX INTERVALS		29		30		31			
C 3:00p Cycle	Joshua	A 8:30a BAR B Q	Phillip	A 5:30a Sculpt	Brenda	A 5:15a FIT CAMP	Ashley	A 5:30a Bar and Burn	Jackie	T 5:15a TRX	Kay		
B 4:00p Yoga	Willemijn	BEATDOWN!!	Zel	C 5:30a PELOTON		B 8:00a Yoga 90	Dee	T 5:30a METRO MILERS	Ste/Katie	C 5:15a METcamp	Mary Kat		
<p>Club Hours 7am-1pm HAVE A SAFE AND HAPPY MEMORIAL DAY!</p>		A 8:30a SWEATILA	Jodie	A 8:30a SWEATILATES	Amy	C 8:15a Cycle 45	Mary Kat	A8:30a Cardio Meltdown	Brenda	T 6:30a TRX 101	Kay		
		B 8:30a Power	Amy	C 9:00a PELOTON		A 8:30a Muscle Mix	Leigh Anne	8:30a Power Yoga	Amy	B 8:00a Stretch Yoga 90	Dee		
		C 9:00a BOX INT	MK/Travis	A 9:35a Bar and Burn	Jackie	A 9:35a Sculpt Lite	Delisa	A 9:30a Active Aging	Jodie	C 8:15a Cycle (60)	Amy		
		A 4:30p FIT CAMP	AshleyJ	A 4:30p FIT CAMP	Ashley J	A 4:30p BOX INTERVALS	Travis	B 9:30a Bar-lates	Carroll	F 8:15 Functional Training	Leigh A		
		B 4:30p Pilates	Jodie	B 4:30p Pilates	Jodie	C 5:30p Cycle	Joshua	A 4:30 30 Cardio/30 Sculpt	Brenda	A 9:35a Low Impact	Brenda		
		A 5:35p Tabata	Brenda	A 5:35p Tabata Step	Brenda	A 5:35p Turbo Kick	Zel	B 4:30p Yoga	Amy	B 9:35a Yoga	Amy		
								A 5:35p FIT CAMP	Ashley	A 10:30a Tai Chi	Peggy		

