





Class Schedules


May 2022



 <h2 style="text-align: center;">Group Exercise Studio</h2> <p>Monday</p> <p>8:30am-9:30am ZUMBA 9:40-10:40am <i>Les Mills BodyPump</i> 10:50-11:50pm <i>Boomers & Beyond (Strength for Seniors)</i> 12-1pm <i>Les Mills BodyPump</i> 4:45-5:45pm <i>Les Mills BodyCombat</i> 5:50-6:50pm <i>Les Mills BodyPump</i></p> <p>Tuesday</p> <p>5:30-6:30am <i>Les Mills BodyPump</i> 8:30-9:30am <i>Les Mills BodyStep</i> 9:40-10:40am Total Body Sculpt -No class May 3 10:50-11:50am (Silver Sneakers) Muscular Strength 4:45-5:45pm <i>Les Mills BodyPump</i> 5:50-6:50pm <i>Karate**</i></p> <p>Wednesday</p> <p>6:00-6:30am <i>Les Mills CX Worx</i> 8:30-9:30am Cardio Core Bootcamp 9:40-10:40am <i>Les Mills BodyPump</i> 10:50-11:50am <i>Boomers & Beyond (Strength for Seniors)</i> 12-1pm <i>Les Mills BodyPump</i> 4:45-5:45pm <i>Les Mills BodyCombat</i> 5:50-6:50pm <i>Les Mills BodyPump</i></p> <p>Thursday</p> <p>5:30-6:30am <i>Les Mills BodyPump</i> 9:40-10:35am Zumba 10:50-11:50am (Silver Sneakers) Muscular Strength 4:45-5:45pm <i>Les Mills BodyPump</i> 5:50-6:50pm <i>Karate**</i> 7:00-7:45pm Zumba *NEW*</p> <p>Friday</p> <p>6:00-6:30am <i>Les Mills CX Worx</i> 8:30-9:30am <i>Mat Pilates</i> 10:50-11:50am <i>Boomers & Beyond (Strength for Seniors)</i> 12-1pm <i>Les Mills BodyPump</i></p> <p>Saturday</p> <p>8:00-8:30am <i>Les Mills Grit Cardio/Plyo</i> 8:35-9:35am <i>Les Mills BodyPump</i> 9:40-10:40am <i>Les Mills BodyStep</i></p> <p>Sunday</p> <p>8:30-9:30am <i>Les Mills BodyPump</i> 9:40-10:40am <i>Les Mills BodyCombat *NEW*</i></p>	 <h2 style="text-align: center;">Yoga/Wellness Studio</h2> <p>Monday</p> <p>5:30-6:30am <i>Les Mills BodyFlow</i> 8:30-9:30am Core Fusion w/Jay 11:45-1:00pm Gentle Yoga</p> <p>Tuesday</p> <p>8:30-9:30am <i>Les Mills BodyFlow</i> No Class May 3 & 24 5:45-6:45pm <i>Les Mills BodyFlow</i></p> <p>Wednesday</p> <p>11:45-1:00pm Gentle Yoga</p> <p>Thursday</p> <p>5:45-6:45pm <i>Vinyasa Yoga</i></p> <p>Friday</p> <p>5:30-6:30am <i>Les Mills BodyFlow</i> 8:30-9:30am Mat Pilates (located in group exercise room) 11:45-1:00pm Gentle Yoga</p> <p>Saturday</p> <p>9:35-10:35am <i>Vinyasa Yoga</i></p> <p>Sunday</p>
	 <h2 style="text-align: center;">Spinning Studio</h2> <p>Monday</p> <p>5:30-6:15am <i>Les Mills RPM</i> 5:45-6:30pm Spinning</p> <p>Tuesday</p> <p>12:00-1:00pm Spinning</p> <p>Wednesday</p> <p>5:30-6:00am <i>Les Mills Sprint</i></p> <p>Thursday</p> <p>12:00-1:00pm Spinning 5:45-6:30pm Spinning</p> <p>Friday</p> <p>5:30-6:00am <i>Les Mills RPM</i></p> <p>Saturday</p> <p>Sunday</p>

****Karate is Free for Members. Karate can NOT be used with a punchcard. \$7.50 guest pass must be purchased**

 <h2 style="text-align: center;">WATER AEROBICS</h2> <p>Tuesday</p> <p>6-7am Aqua Power</p> <p>Wednesday</p> <p>9-10am Joint Effort</p> <p>Thursday</p> <p>6-7am Joint Effort</p> <p>Friday</p> <p>9-10am Aqua Power</p> <p>Saturday</p> <p>8-9am Aqua Power</p>
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 <h2 style="text-align: center;">Personal Training Groups</h2> <p style="text-align: center;">EXTRA CHARGE FOR HIIT- LOCATED IN FITNESS AREA</p> <p>Monday</p> <p>5:30am <i>HIIT (High Intensity Interval Training)</i> 12pm <i>HIIT (High Intensity Interval Training)</i></p> <p>Tuesday</p> <p>6:30am <i>HIIT (High Intensity Interval Training)</i> 12pm <i>Bootcamp</i></p> <p>Wednesday</p> <p>5:30am <i>HIIT (High Intensity Interval Training)</i> 12pm <i>HIIT (High Intensity Interval Training)</i></p> <p>Thursday</p> <p>6:30am <i>HIIT (High Intensity Interval Training)</i> 12pm <i>Bootcamp</i></p> <p>Friday</p> <p>5:30am <i>HIIT (High Intensity Interval Training)</i></p> <p>Sunday</p> <p>9:45am <i>HIIT (High Intensity Interval Training)</i></p>
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