

Group Fitness

May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	TA Tara Absher CD Cate Davis SL Stacey Lockman MM Mary Masius KM Kim McMurray JM Jamie Moon KP Katie Propst TS Tamsey Smith Angel Angel Stoy	RC Rob Cox LF Laurie Flora SA Sarah Avett MH Madeleine Harris CC Cindy Carlton SC Sandra Cox KW Katie Williams KF Kelsey Floyd SI Summer Isenhour		1 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 11:00 Booty Burn KM 12:00 BARRE KP 5:15 Yoga MM 6:15 BODYPUMP Angel <u>*NO 7:30 Class today*</u>	2 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 12:00 BODYPUMP CC	3 8:30 Yoga MM 9:45 BODYPUMP Angel 11:00 ZUMBA Laurie
4 1:30 Zumba Rob	5 5:15 BODYPUMP Angel 7:00 BODYPUMP KF 9:15 HIIT JM <u>*NO 10:15 Class today*</u> 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM	6 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	7) 5:15 BODYPUMP Angel 7:00 BODYPUMP Angel 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 Gentle Yoga KM 12:00 Pilates KP 5:15 BARRE CD 6:15 HIIT JM	8 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 11:00 Booty Burn KM 12:00 BARRE KP 5:15 Yoga MM 6:15 BODYPUMP MH 7:30 ZUMBA Sandra	9 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT KW 12:00 BODYPUMP CC	10 8:30 Yoga TA 9:45 BODYPUMP MH <u>*NO 11:00 Class today*</u>
11 Happy Mother's Day!! <u>*No Classes today*</u>	12 5:15 BODYPUMP Angel 7:00 BODYPUMP KF 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM	13 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	14) 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 Gentle Yoga KM 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM	15 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 11:00 Booty Burn KM 12:00 BARRE KP 5:15 Yoga MM 6:15 BODYPUMP MH 7:30 ZUMBA Rob	16 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 12:00 BODYPUMP CC	17 8:30 Yoga MM 9:45 BODYPUMP CC 11:00 ZUMBA Rob
18 1:30 Zumba Sandra	19 5:15 BODYPUMP Angel 7:00 BODYPUMP KF 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM	20 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	21) 5:15 BODYPUMP Angel 7:00 BODYPUMP Angel 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 Gentle Yoga KM 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM	22 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 11:00 Booty Burn KM 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sandra	23 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT KW 12:00 BODYPUMP CC	24 8:30 Yoga TA 9:45 BODYPUMP SL 11:00 ZUMBA Sandra
25 1:30 Zumba Sarah	26 Memorial Day <u>*NO Classes today*</u>	27 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	28) 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:00 Full Body Mobility JM 9:15 HIIT JM 10:15 Gentle Yoga KM <u>*NO 12:00 Class today*</u> 5:15 BARRE SI 5:15 HIIT JM	29 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 11:00 Booty Burn KM 12:00 BARRE KP 5:15 Yoga MM 6:15 BODYPUMP MH 7:30 ZUMBA Sarah	30 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT JM 12:00 BODYPUMP CC	31 8:30 Yoga MM 9:45 BODYPUMP CC 11:00 ZUMBA Sarah