

Group Fitness

May 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
TA Tara Absher CD Cate Davis SL Stacey Lockman MM Mary Masius JM Jamie Moon KP Katie Propst TS Tamsey Smith Angel Angel Stoy	SI Summer Isenhour RC Rob Cox LF Laurie Flora SA Sarah Avett MH Madeleine Harris CC Cindy Carlton SC Sandra Cox KW Katie Williams	Shanika Shanika McLemore	* DEEP STRETCH * special class on Saturday, May 23 at 8:30 am		1 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT TS 10:15 BARRE SI 12:00 BODYPUMP CC	2 8:30 Yoga TA 9:45 BODYPUMP CC 11:00 ZUMBA Rob
3 1:30 Zumba Sandra	4) 5:15 BODYPUMP Angel 700 BODYPUMP SL 9:15 BARRE/Pilates TS 10:30 Core Conditioning TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM 7:00 Full Body Mobility JM	5) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	6) 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE SI 12:00 Pilates KP 5:15 BARRE SI 6:15 HIIT JM 7:00 Full Body Mobility JM	7) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP *4:15 Pilates KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sarah	8 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	9 8:30 Yoga TA 9:45 BODYPUMP Angel 11:00 ZUMBA Laurie
10 Happy Mother's Day! 1:30 Zumba Laurie	11) 5:15 BODYPUMP Angel 700 BODYPUMP SL 9:15 BARRE/Pilates TS 10:30 Core Conditioning TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM 7:00 Full Body Mobility JM	12) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Rob	13) 5:15 BP Heavy Angel 7:00 BP Heavy Angel 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE SI 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM 7:00 Full Body Mobility JM	14) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP *4:15 Pilates SI 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	15 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	16 8:30 Yoga TA *9:45 <u>BODYPUMP</u> <u>HEAVY</u> With BP instructor team 11:00 ZUMBA Sandra
17 1:30 Zumba Rob	18) 5:15 BODYPUMP Angel 700 BODYPUMP SL 9:15 BARRE/Pilates TS 10:30 Core Conditioning TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM 7:00 Full Body Mobility JM	19) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	20) 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:00 Full Body Mobility AS 9:15 HIIT AS 10:15 BARRE KP 12:00 Pilates KP 5:15 BARRE CD 6:15 HIIT JM 7:00 Full Body Mobility JM	21) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn KW 12:00 BARRE KP *4:15 Pilates TS 5:15 Yoga TA 6:15 BODYPUMP Angel 7:30 ZUMBA Rob	22 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 10:15 BARRE KP 12:00 BODYPUMP CC	23 *8:30 <u>DEEP STRETCH</u> <u>with Cat *</u> 9:45 BODYPUMP CC 11:00 ZUMBA Sarah
24 *NO Class today* Memorial holiday	25 Memorial Day!! Opening at 8:00 am 9:15 BARRE/Pilates TS 10:30 Core Conditioning TS 12:00 BODYPUMP TS	26) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	27) 5:15 BODYPUMP KW 7:00 BODYPUMP KW 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE SI 12:00 Pilates TS 5:15 BARRE SI 6:15 HIIT JM 7:00 Full Body Mobility JM	28) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP *4:15 Pilates KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sandra	29 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT JM 10:15 BARRE SI 12:00 BODYPUMP CC	30 8:30 Yoga TA 9:45 BODYPUMP MH 11:00 ZUMBA Rob
31 1:30 Zumba Sarah						