

# FINALS WEEK

## GROUP EXERCISE SCHEDULE MAY 1<sup>TH</sup> – MAY 13<sup>TH</sup>

Monday 5/1	Tuesday 5/2	Wednesday 5/3	Thursday 5/4	Friday 5/5	Saturday 5/6
Spin + Abs Chris 7:00a Studio 306	BodyPump Jackie 7:30a Studio 409	Yoga Miles 8:00a Studio 414	Spin + Abs Chris 7:00a Studio 306	Kickboxing Lulu 7:30a Studio 414	Spin Lilly 9:30a Studio 306
Yoga Miles 8:00a Studio 414	Pilates 101 Angie 8:00a Studio 305	PiYo Express Angela 12:15p Studio 409	AquaFit Miles 7:15a Sheerr Pool	Body Pump Rachel 7:30a Studio 409	Yoga Betty 10:30a Studio 414
Body Pump Ted 12p Studio 409	AquaFit Miles 9:15a Sheerr Pool	Spin Susan 12:30p Studio 306	BodyCombat Ben 7:30a Studio 409	Pilates 101 Angie 8:00a Studio 305	Strength & Sculpt Melissa 10:30a Studio 409
Metabolic Cond. Angela 12:15p Studio 305	Spin Michael 12:30p Studio 306	Yoga Miles 12:30p Studio 414	BodyPump Abby 12p Studio 409	Yin Yoga Kiran 12:00p Studio 414	Cardio Kick Melissa 11:45a Studio 409
Zumba Ray 5:15p Studio 409	Vinyasa Flow Paula 4:00p Studio 414	Express Barre Corina 1:15p Studio 305	Spin Michael 12:30p Studio 306	Pure Barre Angela 12:15p Studio 305	
Yoga Miles 5:15p Studio 414	Body Combat Ted 5:15p Studio 409	Power Yoga Jacqui 3:00p Studio 414	Vinyasa Flow Paula 12:30p Studio 414		
Ballet 101 Jo Anna 5:30p Studio 305	Spin Chris 5:30p Studio 306	Pilates Foam Roller Corina 3:15p Studio 311	Zumba Ray 5:15p,Studio 409	Vinyasa Flow Paula 4:00p Studio 414	
BodyPump Portia 6:30p Studio 409	Yoga Found. Anita 5:30p Studio 414	BodyPump Jackie 5:15p Studio 409	Yin Yoga Anita 5:30p Studio 414	BodyPump Abby 5:15p Studio 414	
Zumba Shira 7:45p Studio 409	Zumba Jen 6:30p Studio 409	Spin Grant 5:30p Studio 306	Spin Jacqui 5:30p Studio 306	Zumba Shira 5:30p Studio 414	
	Spin 6:45p Chrissy Studio 306	Ballet 101 Jo Anna 5:30p Studio 305	Body Combat Chuck 6:30p Studio 409		
		CXWORX Portia 6:30p Studio 409			
		Mat Pilates Monica 6:30p Studio 311			
		Body Combat Portia 7:00p Studio 409			



**Sunday 5/7**  
Yoga  
Miles  
5:15p Studio 414

Monday 5/8	Tuesday 5/9	Wednesday 5/10	Thursday 5/11	Friday 5/12	Saturday 5/13
Yoga Miles 8:00a Studio 414	BodyPump Jackie 7:30a 409	Yoga Miles 8:00a Studio 414	AquaFit Miles 7:15a Sheerr Pool	Kickboxing Lulu 7:30a Studio 414	Spin Lilly 9:30a Studio 306
Body Pump Ted 12:00p 409	Pilates 101 Angie 8a Studio 305	PiYo Express Angela 12:15p 409	BodyCombat Ben 7:30a 409	Body Pump Rachel 7:30a 409	Yoga Betty 10:30a Studio 414
Metabolic Cond. Angela 12:15p Studio 305	AquaFit Miles 9:15a Pool	Spin Susan 12:30p Studio 306	BodyPump Abby 12:00p Studio 409	Pilates 101 Angie 8:00a 305	Strengthen and Sculpt Melissa 10:30a Studio 409
Zumba Ray 5:15p Studio 409	Spin Michael 12:30p Studio 306	Yoga Miles 12:30p Studio 414	Spin Michael 12:30p Studio 306	Yin Yoga Kiran 12:00p Studio 414	Cardio Kick Melissa 11:45a Studio 409
Yoga Miles 5:15p Studio 414	Vinyasa Flow Paula 4p Studio 414	Express Barre Corina 1:15p Studio 305	Vinyasa Flow Paula 12:30p 414	Pure Barre Angela 12:15p 305	
BodyPump Portia 6:30p Studio 409	Body Combat Ted 5:15p Studio 409	Pilates Foam Roller Corina 3:15p Studio 311	Zumba Ray 5:15p Studio 409	BodyPump Abby 5:15p Studio 414	
Zumba Shira 7:45p Studio 409	Yoga Foundations Anita 5:30p Studio 414	BodyPump Jackie 5:15pm Studio 409	Yin Yoga Anita 5:30p Studio 414	Zumba Shira 5:30p Studio 414	
	Zumba Jen 6:30p Studio 409	CXWORX Portia 6:30p Studio 409	Body Combat Chuck 6:30p Studio 409		
	Mat Pilates Monica 6:30p Studio 311	Body Combat Portia 7:00p Studio 409			
	Spin 6:45p Chrissy Studio 306				

**ALL CLASSES ARE FREE FOR MEMBERS!**