

	Times						Saturday/Sunday & Notes		
		Monday	Tuesday	Wednesday	Thursday	Friday			
Group Fitness Room	5:15 AM	BODYPUMP Brandi		BODYPUMP Amanda		BODYPUMP Brandi	Saturday		
	8:10 AM	ZUMBA Kim	BODYPUMP ABBIE	ZUMBA SEAN	BODYPUMP STACEY	STRONG KIM & AMY	8:10 AM	11:8AM- BODYCOMBAT 18: Tabata - Jamie 25: Bootcamp - Laura	
	9:15 AM	<i>*DILATES*</i> Becky	STRONG ABI	<i>*DILATES*</i> Becky	STRONG <i>ABI & Circuits on the track(Jamie)</i>	BODYATTACK ABBIE	9:15 AM	BODYPUMP 4: Abbie 11: Amanda 18: Robin K. 25: Jennifer	
	10:30 AM	<i>*LOW IMPACT*</i> LAURA	<i>*Yoga Basics*</i> ROBIN K	<i>*LOW IMPACT* LIZ D</i> (8: LAURA)	<i>*Yoga Basics*</i> BRENDA	ZUMBA gold KIM	10:30 AM	YOGA BASICS 4: Greshanda 11: Bea 18: Brenda 25: Robin K	
	4:30 PM	BODYATTACK ABBIE	BODYPUMP ENNIFER (21:Amanda)	Tabata Timing SARA (29 Jamie)	BODYPUMP ABBIE		Sunday		
	5:35 PM	BODYPUMP ABBIE	Tabata Timing JAMIE	STRONG SEAN & ROBIN M	ZUMBA ROBIN M		2PM	5: Zumba-Kim 12: No Classes 19: Zumba- Lyn 26: Strong-Kim & Amy	
	6:45 PM	ZUMBA SEAN	ZUMBA JAMILA				3:15 PM	YOGA BASICS 5:Brenda 12: No Class 18: Greshanda 25: Robin K	
	ANNOUNCEMENTS-LesMills BodyCombat MasterClass on May 11th @ 8:00. \$5.00 donations appreciated!!!								
	No Classes on Memorial Day-EXCEPT ZUMBA @ 8:10 AND RPM @ 9:00								
	Cycle Studio	5:15 AM		RPM Daniel (21 Brandi)		RPM Amanda		RPM	
9:00 AM		RPM Amanda		RPM Ann		RPM Ann (17/31 Liz D)	8:10 AM	Saturdays	
9:15 AM			RPM Amanda (7 ANN)				4: Liz H 11: Ann 18: Amanda 25: Daniel		
4:30 PM				RPM Brandi (22 Amanda)			Nursery Hours Mon- Thurs: 8-12:30 & 3:30- 6:30 Fri:8-12:30 Sat:8- 11 Sun:Closed		
5:35 PM					RPM Robin				
9:15 AM		ZUMBA LYN	water motion ROBIN K	Tabata Timing ROBIN K	ZUMBA LYN (30 Robin K)	water motion ROBIN K	Instructors Choice 4: Gresha 11: Sara 18: Brenda 25: Robin		
10:30 AM									
POOL	11:00 AM	Stretch Your Body GRESHANDA		Stretch Your Body SARA (29: Brenda)		Stretch Your Body BRENDA	* MOST classes in water are considered "low impact"		
	1:00 PM	SENIOR WATER BRENDA		SENIOR WATER BRENDA		SENIOR WATER BRENDA			
	5:30 PM	Instructors Choice (6 Sara, 13 Stacey, 20 Lyn, 27 No Class							