

May Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:45 A.M.	Rise and Grind Rhonda GES	Self Defense Al YG	Aqua Stretch Sue H Pool	Self Defense Al YG	Rise and Grind Rhonda GES
8:00 A.M.	Aqua Stretch Sue H Pool	Yogalates Lisa GES	Spin Holly GES2	Yogalates Lisa GES	Aqua Stretch Sue H Pool
	Pilates Groove Rhonda GES	Water Fit Shawn Pool	Pilates Groove Rhonda GES	Water Fit Shawn Pool	Spin Holly GES2
	Spin Holly GES2	Strength and Sculpt Lisa GES	Water Fit Sue H Pool	Strength and Sculpt Lisa GES	Pilates Chelsea GES
8:30 A.M.	Water Fit Sue H Pool	Balance and Mobility Nancy/Renee YG	Dancing With Dina Dina GES	Balance and Mobility Nancy/Renee YG	Aqua Dance Sue H Pool
9:00 A.M.	Dancing With Dina Dina GES	Barre Danielle GES	Yoga Sue R GES	Barre Danielle GES	Yoga Kellie GES
9:30 A.M.	Cycle and Core Victoria GES2	Gentle Water Fit Linda Pool	Water Fit Marta Pool	Gentle Water Fit Linda Pool	Power Yoga Kellie GES
10:15 A.M.	Yoga Stacy GES	Yoga Danielle GES	Dance Fusion Rhonda GES	Parkinson's Nancy GES2	Yoga Amanda GES
12:00 P.M.	Water Fit Marta Pool	Parkinsons Nancy GES2	Yoga Sheila GES	Yoga Danielle GES	WaterFit Marta Pool
2:00 P.M.	Shred and Tread Dillon GES/Pool	Tabata Tuesday Jolynn GES	RIP Denise GES	Shred Jolynn GES	Shred and Tread Dillon GES/Pool
4:15 P.M.	Step Challenge Jolynn GES	Spin Denise GES2	Wing Tsun Ryan GES	Spin Denise GES2	Yoga with a Focus Lena GES
5:00 P.M.	Water Fit Linda Pool	Water Fit Linda Pool		Water Fit Linda Pool	Lower Body Workout Mandy GES
5:10 P.M.	Yoga Amanda GES	Yoga Denise GES		Yoga Denise GES	
6:30 P.M.	RIP Denise GES	Dance Fit Rhonda GES		Upper Body Workout Mandy GES	Saturday Yoga Flow Rachel GES
					8:00 A.M.
					9:15 A.M.
					10:15 A.M.
					11:00 A.M.
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					11:45 P.M.
					12:00 A.M.



YG Youth Gym
 GES Group-Ex Studio
 GES2 Group-Ex Studio 2
 RB Racquetball
 Pool