

MAY

**GROUP
EXERCISE**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9-ST/CT- Terry 10:15-BS/Abs- Dan 4:45- Pilates/Yoga- Geri 5:45-Yoga- Geri 6:50-Jamz- Karen	2 9-Cardio/Strength/ Intervals- Molly 4:30-PIYO- Stephanie 5:45-Tabata- Candice	3 9-Mat Pilates- Jamie 10:15-CT/Abs- Terry 5:30-Jamz Plus- Serena 6:30-Kick Azz- Krista	4 9-Jamz- Serena 10:15-Kick Azz- Nell 5:45-Yoga- Diane	5 9-20/20/20- Lisa 10:15-BS/Barre- Terry	6 8:30-Turbo Kick- Lisa
7 9:15-Tabata- Nell 10:30-Yoga- Diane	8 9-BOSU/CT- Jennifer 10:15-BS/Abs- Dee 4:45-CT/Abs- Geri 5:45-Yoga- Geri 6:50-Jamz- Karen	9 9-Cardio/Strength/ Intervals- Terry 4:30-Body Barre- Candice 5:45-Cardio/Strength/ Intervals- Karen	10 9-Mat Pilates- Jamie 10:15-Tabata- Dan 5:30-Jamz Plus- Helen 6:30-Kick Azz- Krista	11 9-Jamz- Serena 10:15-Kick Azz- Lisa 5:45-Yoga- Diane	12 9-ST/CT- Terry 10:15-Pilates/Barre- Valerie	13 8:30-Tabata- Valerie
14 9:15-Tabata-Stephanie 10:30-Yoga- Erin Happy Mother's Day!	15 9-BOSU/CT- Lisa 10:15-BS/Abs- Terry 4:45-Tabata- Valerie 5:45-Yoga- Geri 6:50-Jamz- Serena	16 9-Cardio/Strength/ Intervals- Jennifer 4:30-Pilates Fusion- Stephanie 5:45-Boot Camp- Candice	17 9-Mat Pilates- Jamie 10:15-Turbo Kick- Lisa 5:30-Jamz Plus- Helen 6:30-Kick Azz- Candice	18 9-Jamz- Serena 10:15-Kick Azz- Jennifer 5:45-Yoga- Diane	19 9-20/20/20- Molly 10:15-Pilates/Barre- Jennifer	20 8:30-Cardio/ Strength/Intervals- Dan
21 9:15-Boot Camp- Candice 10:30-Yoga- Diane	22 9-ST/CT- Terry 10:15-Stretch/ Strengthen- Dee 4:45-Tabata- Molly 5:45-Yoga- Geri 6:50-Jamz- Karen	23 9-Cardio/Strength/ Intervals- Valerie 4:30-Pilates Fusion- Stephanie 5:45-Turbo Kick- Kelly S	24 9-Mat Pilates- Jamie 10:15-Tabata- Valerie 5:30-Jamz Plus- Helen 6:30-Kick Azz- Krista	25 9-Jamz- Serena 10:15-Kick Azz- Molly 5:45-Yoga- Diane	26 9-ST/CT- Jennifer 10:15-BS/Barre- Terry	27 8:30-Tabata- Candice
28 9:15-Cardio/Strength/ Intervals- Karen 10:30-Yoga- Erin	29 9-JAMZ- Serena Enjoy Your Memorial Day!	30 9-Cardio/Strength/ Intervals- Terry 4:30-PIYO- Stephanie 5:45-Boot Camp- Candice	31 9-Mat Pilates- Valerie 10:15-Tabata- Jennifer 5:30-Jamz Plus- Helen 6:30-Kick Azz- Krista			