

May Weekly Group Schedule

Monday	Tuesday	Wednesday	Thursday
	5:45am Step/Combat/Pump		5:45am Step/Combat/Pump
	9:00am Pilates**		9:15am TRX H.I.T.T.
11:00am Senior Fit		11:00am Senior Fit	
12:30 Yoga		12:30 Yoga	
Friday	Saturday	Sunday	
9:00am Pilates**		1:00pm Yoga*	
11:00am Senior Fit			

*Intermediate - advance yoga clients are welcome to participate in all yoga classes.

Group schedule is subject to change.

Water Aerobics will begin May 23rd!!! P