

MAY FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30a Powerfit 9:00a Fusion Fitness 5:00 Punch & Power** 6:30p ZUMBA <p style="text-align: center;">1</p>	5:55a BodySHRED 7:00a Vinyasa Yoga 9:00a Fusion Fitness 10:00a Pilates 4:00p Zumba 5:00p POUND** 7:00p Yoga <p style="text-align: center;">2</p>	5:30a Powerfit 9:00a Fusion Fitness 5:00p Cardio Fusion 6:00p Intermediate Step 6:30p Butts & Guts 7:00p ZUMBA <p style="text-align: center;">3</p>	5:55a BodySHRED 7:00a Vinyasa Yoga 8:30-10:00a Spin Fusion 10:00a Pilates 4:00p Zumba 5:00p PiYo Live 6:00p Zumba Step 7:00p Vinyasa Yoga <p style="text-align: center;">4</p>	5:30a Powerfit 7:00a Vinyasa Yoga 9:00a Fusion Fitness 5:00p Total Body Sculpt <p style="text-align: center;">5</p>	7:15a Vinyasa Yoga 9:00a Cardio Boot Camp 10:00a Core Connection 10:45a POUND** <p style="text-align: center;">6</p>	8:00a Yoga 11:00a XXXX <p style="text-align: center;">7</p>
5:30a Powerfit 9:00a Fusion Fitness 5:00 Punch & Power** 6:30p ZUMBA <p style="text-align: center;">8</p>	5:55a BodySHRED 7:00a Vinyasa Yoga 9:00a Fusion Fitness 10:00a Pilates 4:00p Zumba 5:00p POUND** 7:00p Yoga <p style="text-align: center;">9</p>	5:30a Powerfit 9:00a Fusion Fitness 5:00p Cardio Fusion 6:00p Intermediate Step 6:30p Butts & Guts 7:00p ZUMBA <p style="text-align: center;">10</p>	5:55a BodySHRED 7:00a Vinyasa Yoga 8:30-10:00a Spin Fusion 10:00a Pilates 4:00p Zumba 5:00p PiYo Live 6:00p Zumba Step 7:00p Vinyasa Yoga <p style="text-align: center;">11</p>	5:30a Powerfit 7:00a Vinyasa Yoga 9:00a Fusion Fitness 5:00p Total Body Sculpt <p style="text-align: center;">12</p>	7:15a Vinyasa Yoga 9:00a Cardio Boot Camp 10:00a Core Connection 10:45a POUND** <p style="text-align: center;">13</p>	8:00a Yoga 11:00a Insanity <p style="text-align: center;">14</p>
5:30a Powerfit 9:00a Fusion Fitness 5:00 Punch & Power** 6:30p ZUMBA <p style="text-align: center;">15</p>	5:55a BodySHRED 7:00a Vinyasa Yoga 9:00 Fusion Fitness 10:00a Pilates 4:00p Zumba 5:00p POUND** 7:00p Yoga <p style="text-align: center;">16</p>	5:30a Powerfit 9:00a Fusion Fitness 5:00p Cardio Fusion 6:00p Intermediate Step 6:30p Butts & Guts 7:00p ZUMBA <p style="text-align: center;">17</p>	5:55a BodySHRED 7:00a Vinyasa Yoga 8:30a-10 SpinFusion 10:00a Pilates 4:00p Zumba 5:00p PiYo Live 6:00p Zumba Step 7:00p Vinyasa Yoga <p style="text-align: center;">18</p>	5:30a Powerfit 7:00a Vinyasa Yoga 9:00a Fusion Fitness 5:00p Total Body Sculpt <p style="text-align: center;">19</p>	7:15a Vinyasa Yoga 9:00a Cardio Boot Camp 10:00a Core Connection 10:45a POUND** <p style="text-align: center;">20</p>	8:00a Yoga 11:00a P90X <p style="text-align: center;">21</p>

5:30a Powerfit 9:00a Fusion Fitness 5:00 Punch & Power** 6:30p ZUMBA 22	5:55a BodySHRED 7:00a Vinyasa Yoga 9:00a Fusion Fitness 10:00a Pilates 4:00p Zumba 5:00p POUND** 7:00p Yoga 23	5:30a Powerfit 9:00a Fusion Fitness 5:00p Cardio Fusion 6:00p Intermediate Step 6:30p Butts & Guts 7:00p Zumba 24	5:55a BodySHRED 7:00a Vinyasa Yoga 8:30a-10 Spin Fusion 10:00a Pilates 4:00p Zumba 5:00p PiYo Live 6:00p Zumba Step 7:00p Vinyasa Yoga 25	5:30a Powerfit 7:00a Vinyasa Yoga 9:00a Fusion Fitness 5:00p Total Body Sculpt 26	7:15a Vinyasa Yoga 9:00a Cardio Boot Camp 10:00a Core Connection 10:45a Pound** 27	8:00a Yoga 11:00a Insanity 28
GYM CLOSED	5:55a Boot Camp 7:00a Vinyasa Yoga 9:00a Fusion Fitness 10:00a Pilates 4:00p Zumba 5:00p POUND** 7:00p Yoga 30	5:30a No Class 9:00a Fusion Fitness 5:00p Cardio Fusion 6:00p Intermediate Step 6:30p Butts & Guts 7:00p Zumba 31				

Please note: **Stretching is only permitted in the aerobics room when classes are NOT in session. Please inform the instructor if it's your first class.**

****Indicates new class and/or time change**