



# May

## Group Exercise Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
5:30-6:30 Indoor Cycling Jamie	6:00-7:00 Core strength Vinyasa Yoga Daniela	5:30-6:30 Indoor Cycling Jamie	6:00-7:00 Core strength Vinyasa Yoga Daniela	5:30-6:30 Indoor Cycling Bev
6:00-6:45 Zumba Irene	8:00-8:40 Pump N Flex Chris	6:00-6:45 Zumba Irene	8:00-8:45 Pump N Flex Chris	7:15-8:00 Yogalates Annie
8:15-8:55 Kettle bells (bring mat) Bekah	8:45-9:35 Yoga Chris	8:15-8:55 Step and Sculpt Chris	8:45-9:35 Yoga Chris	8:15-8:55 Cardio Mix Chris
8:15-9:15 Pure Energy -H2O Ben	9:00-11:00 Pickle Ball Rotating Instructors	8:15-9:15 Pure Energy -H2O Ben	9:00-11:00 Pickle Ball Rotating Instructors	8:15-9:15 Pure Energy -H2O Ben
9:00-9:55 Hardcore Chris	9:30-10:30 Indoor Cycling Bekah	9:00-9:55 Hard Core Chris	9:30-10:30 Indoor Cycling Bekah	9:00-9:55 Sculpt/ Kettle bell Mix Bekah
9:00-9:55 Yoga Cindee	9:40-10:20 Zumba Chris	9:00-9:55 Yoga Courtney	9:40-10:20 Zumba Annie	9:00-9:55 Sculpt/ Kettle bell Mix Bekah
10:00-10:40 Zumba Chris	10:00-11:00 Power Up-H2O Leslie	10:00-10:45 Zumba Annie	10:00-11:00 Power Up-H2O Leslie	9:00-11:00 Pickle Ball Rotating Instructors
10:45-11:45 Therapeutic Yoga Courtney	10:45-11:30 Silver Sneakers Ed	11:00-11:45 Ground Zero -H2O Ben	10:45-11:30 Silver Sneakers Ed	10:00-10:45 Zumba Annie
11:00-11:45 Ground Zero -H2O Ben	5:15-6:00 Kettle bells (Bring Mat) Bekah	4:00-4:45 Kids Yoga Karen	10:45-11:30 Silver Sneakers Ed	10:45-11:45 Yoga Courtney
4:00-4:45 Kids Yoga Karen	5:30-6:30 Power Hour -H2O Leslie	6:15-8:00 Pickle Ball (gym) 5:30-6:30 Indoor Cycling Rotating Instructors	5:15-6:00 Kettle bells (Bring Mat) Bekah	11:00-11:45 Ground Zero -H2O Ben
5:30-6:15 Kettle Bells (Bring Mat) Bekah	6:00-6:45 Zumba Annie	5:30-6:30 Tai Chi /Qigong (Aerobics Room) Kimberly	5:30-6:30 Power Hour -H2O Leslie	8:00-11:00 Pickle Ball (gym)
6:15-7:15 Tai Chi /Qigong Pavillion Kimberly		6:30-7:30 Core strength Vinyasa Yoga Daniela	6:00-7:00 Evening Hatha Yoga Golden	8:15-10:15 Indoor Cycling Rotating Instructors
6:30-7:30 Evening Yoga Chris				9:15-10:15 Indoor Cycling Rotating Instructors

### Saturday

8:00-11:00 Pickle Ball  
(gym)

9:15-10:15 Indoor Cycling  
Rotating Instructors

10:30-11:30 Yoga  
Rotating Instructors

10:00-11:00 Weekend Warrior  
H2O  
Rotating Instructors