



# MAY 2017 GROUP FITNESS

## MAIN LOCATION

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<b>1</b> 8:00am TOTAL BODY - Winnie 9:00am PILATES - Ainsley  5:30-6:30pm - Aerobic Room CLOSED for Club use	<b>2</b> 10:00am YOGA - Katherine  4:00 pm PILATES - Gloria 5:30pm YOGA - Ann	<b>3</b> 8:00am TOTAL BODY - Winnie 9:00am PILATES - Ainsley  5:30pm YOGA - Katherine	<b>4</b> 10:00am YOGA - Katherine  4:30-5:30pm Aerobic Room CLOSED for Club use 5:30pm YOGA - Ann	<b>5</b> 8:00am TOTAL BODY - Winnie 9:00am PILATES - Ainsley	<b>6</b> 9:00am STEP - Winnie
<b>8</b> 8:00am TOTAL BODY - Winnie 9:00am PILATES - Ainsley  5:30-6:30pm - Aerobic Room CLOSED for Club use	<b>9</b> 10:00am YOGA - Katherine  4:00 pm PILATES - Ainsley 5:30pm YOGA - Ann	<b>10</b> 8:00am TOTAL BODY - Winnie 9:00am PILATES - Ainsley  5:30pm YOGA - Katherine	<b>11</b> 10:00am YOGA - Katherine  4:30-5:30pm Aerobic Room CLOSED for Club use 5:30pm YOGA - Ann	<b>12</b> 8:00am TOTAL BODY - Susan 9:00am PILATES - Ainsley	<b>7</b> 5:00 pm YOGA - Ann  <b>13</b> 9:00am TOTAL BODY FITNESS - Susan
<b>15</b> 8:00am TOTAL BODY - Susan 9:00am PILATES - Ainsley  5:30-6:30pm - Aerobic Room CLOSED for Club use	<b>16</b> 10:00am YOGA - Katherine  4:00 pm PILATES - Gloria 5:30pm YOGA - Cathy	<b>17</b> 8:00am TOTAL BODY - Winnie 9:00am PILATES - Ainsley  5:30pm YOGA - Katherine	<b>18</b> 10:00am YOGA - Katherine  4:30-5:30pm Aerobic Room CLOSED for Club use 5:30pm YOGA - Ann	<b>19</b> 8:00am TOTAL BODY - Winnie 9:00am PILATES - Ainsley	<b>20</b> 9:00am STEP - Gloria  <b>21</b> 5:00 pm YOGA - Ann
<b>22</b> 8:00am TOTAL BODY - Susan 9:00am PILATES - Ainsley  5:30-6:30pm- Aerobic Room CLOSED for Club use	<b>23</b> 10:00am YOGA - Katherine  4:00 pm PILATES - Gloria 5:30pm YOGA - Ann	<b>24</b> 8:00am TOTAL BODY - Susan 9:00am PILATES - Ainsley  5:30pm YOGA - Katherine	<b>25</b> 10:00am YOGA - Katherine  4:30-5:30pm Aerobic Room CLOSED for Club use 5:30pm YOGA - Cathy	<b>26</b> 8:00am TOTAL BODY - Winnie 9:00am PILATES - Gloria	<b>27</b> 9:00am TOTAL BODY FITNESS - Susan  <b>28</b> 5:00 pm YOGA - Cathy
<b>29</b>	<b>30</b> 10:00am YOGA - Katherine  4:00 pm PILATES - Ainsley 5:30pm YOGA - Ann	<b>31</b> 8:00am TOTAL BODY - Winnie 9:00am PILATES - Ainsley  5:30pm YOGA - Katherine			



# MAY 2017

## GROUP FITNESS

### SOUTH LOCATION

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<b>1</b> 9:15am PILOXING® - Jenny 5:30pm YOGA - Katherine	<b>2</b> 9:15am BODYPOWER- Rebecca 11:00 am CYCLE - Jeanine 5:30 pm TRX® CIRCUIT - Kyle	<b>3</b> 9:15am BODYBARRE - Laurie	<b>4</b> 9:15am BODYPOWER- Winnie 11:00 am CYCLE - Jeanine 5:30pm TRX® CIRCUIT - Rebecca	<b>5</b> 9:15am BODYBARRE - Candice	<b>6</b> 10:30am BODYPOWER- Winnie <b>7</b>
<b>8</b> 9:15am PILOXING® - Jenny 5:30pm YOGA - Katherine	<b>9</b> 9:15am BODYPOWER- Rebecca 11:00 am CYCLE - Jeanine 5:30 pm TRX® CIRCUIT - Rebecca	<b>10</b> 9:15am BODYBARRE - Laurie	<b>11</b> 9:15am BODYPOWER- Rebecca 11:00 am CYCLE - Jeanine 5:00 pm - CPR Class (located in Yoga room) 5:30pm TRX® CIRCUIT - Rebecca	<b>12</b> 9:15am BODYBARRE - Cathy	<b>13</b> 10:30am BODYPOWER- Rachel <b>14</b>
<b>15</b> 9:15am PILOXING® - Jenny 5:30pm YOGA - Katherine	<b>16</b> 9:15am BODYPOWER- Rebecca 11:00 am CYCLE - Jeannine 5:30 pm TRX® CIRCUIT - Kyle	<b>17</b> 9:15am BODYBARRE - Laurie	<b>18</b> 9:15am BODYPOWER- Rebecca 11:00 am CYCLE - Jeannine 5:30pm TRX® CIRCUIT - Kyle	<b>19</b> 9:15am BODYBARRE - Candice	<b>20</b> 10:30am BODYPOWER- Gloria <b>21</b>
<b>22</b> 9:15am PILOXING® - Jen 5:30pm YOGA - Katherine	<b>23</b> 9:15am BODYPOWER- Rebecca 11:00 am CYCLE - Jeanine 5:30 pm TRX® CIRCUIT - Kyle	<b>24</b> 9:15am BODYBARRE - Gloria	<b>25</b> 9:15am BODYPOWER- Rebecca 11:00 am CYCLE - Jeanine 5:30pm TRX® CIRCUIT -Kyle	<b>26</b> 9:15am BODYBARRE - Candice	<b>27</b> 10:30am BODYPOWER- Rebecca 8:00 am - CPR Class (located in TRX room) <b>28</b>
<b>29</b>	<b>30</b> 9:15am BODYPOWER- Rebecca 11:00 am CYCLE - Jeanine 5:30 pm TRX® CIRCUIT - Kyle	<b>31</b> 9:15am BODYBARRE - Laurie			