



MAY 2024

# FITNESS CLASSES

M	T	W	TH	F	S	S	
Step Fitness 6:30 AM   Kentré	<b>LES MILLS</b> <b>BODYPUMP</b> 5:30 AM   Autumn		<b>LES MILLS</b> <b>BODYPUMP</b> 5:30 AM   Autumn	Active Aging 8 AM   Margie	Aqua Fit 8 AM   Terri		
Active Aging 8 AM   Terri	Dance Fitness 8 AM   Gwen	Yoga   7:45 AM Annvetta	Dance Fitness 8 AM   Gwen		<b>NEW</b> <b>ROTATING 8:00 AM CLASSES!</b> 5/4- NO CLASSES Join our <b>FREE</b> <b>Birthday Zumbathon!</b> REC Gym   9:30 AM	CALL FOR DATES	
Zumba Toning 9 AM   Abby	Zumba 9 AM   Abby	Active Aging 9 AM   Terri	Zumba Toning 9 AM   Abby	Chair Yoga   9:00 AM Annvetta	5/11- BodyPump Kristen 5/18- Family Yoga Kristen 5/25- Step Fitness Kentré	Kid's Yoga   10:30 AM Annvetta	
Aqua Zumba 10 AM   Vita	Aqua Fit 10 AM   Katie	Aqua Zumba 10 AM   Abby	Aqua Fit 10 AM   Sabrina	Aqua 10 AM   ROTATING		Yoga   11:15 AM Annvetta	
<b>ROCK STEADY</b> <b>BOXING</b> 10:30 AM	Line Dance Fusion 6:30 AM   Kentré	<b>ROCK STEADY</b> <b>BOXING</b> 10 AM	Active Aging 10 AM   Terri	Yoga 10:00 AM   Anvetta	Zumba 9 AM   Faith		
				<b>ROCK STEADY</b> <b>BOXING</b> 11:00 AM	<b>30</b> MINS Bootcamp 10 AM   Terri		
HIIT 5:15 PM   Chantel	Cardio / Chair 5 PM   Terri	Strong 5:15 PM   Chantel	Cardio / Chair 5 PM   Terri				
Barre 6:05 PM   Lisa	Zumba 6 PM   Chantel	Zumba 6 PM   Katrina	TRX Strength 6 PM   Lisa				
Aqua Zumba 6 PM   Sabrina	Check out our website for more fitness events, personal training, & FREE programs!	Aqua Fit 6 PM   Terri	Aqua Zumba 6:30 PM   Katrina				
Yoga 7:05 PM   Emily	Scan Here						
<b>ROCK STEADY</b> <b>BOXING</b> ** Must have a Rock Steady Boxing Membership to participate in the class. See the front desk for more information on the program to keep moving and fight back against Parkinson's!				STRENGTH AQUA CORE DANCE CARDIO SENIORS 30 MIN CLASS			SCAN HERE TO READ THE CLASS DESCRIPTIONS  <b>** Highlighted class times = new class time</b>