

MAY Group Exercise Schedule 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5/8/2017	1 5:45 BOOTCAMP PATRICK 6a HATHA (ST-X) DEBBIE 8:30a WEIGHTS + PILATES PATTY 9:30a MIXED INTERVAL PATTY 9:30a SLOW FLOW (ST-X) MOLLY 10:30a BARRE TRACY 10:45 B-BOP (ST-X) MICHAEL 12p MUSCLE MAX LT GRETCHEN 4:30p HATHA MICHAEL 6p CIRCUIT STRENGTH TRACY 7:30p ASHTANGA STACY	2 8a ASHTANGA (ST-X) LAUREN 8:30 ZUMBA MARIUS 9:30 CARDIO BARRE CIR. ANDY 10:30a HATHA NANCY 4:30p ZUMBA BONNIE 4:30p YOGA-BARRE (ST-X) LISA H 5:30p MUSCLE MAX MARGUERITE 6:30p KICK-BOX (GYM) CHARLIE	3 6a BOOTCAMP PATRICK 7:15a HATHA/MED MICHAEL 8:30a CORE & MORE TRACY 9:30a CARDIO-B/CAMP PATTY 9:30a VINYASA (ST-X) MOLLY 10:30a MUSCLE & BARRE LISA H 12p MUSCLE MAX LT VICTORIA 5:30p MAT + PILATES LISA H 6:30p ZUMBA MARIUS 7:30p VINYASSA CARY	4 5:45a AB CLASS LIZ 6:00a BOOT CAMP LIZ 9:30 CARDIO BARRE ANDY 9:30 CARDIO BOX SHIRIN 10:30a HATHA MICHAEL 4:30p YIN YANG YOGA ELLE 5:30p CARDIO MUSCLE LISA B 6:30p KICK -BOX (GYM) CHARLIE	5 6am ASHTANGA/VINYASA DEBBIE 8:15a HATHA MICHAEL 9:30a CIRCUIT STRENGTH ANDY 10:05a B-BOP (ST-X) MICHAEL 10:30a CARDIO BARRE JODY 5:30p 50/50 ZUMBA MARIUS 6:30p YIN-YANG YOGA LAUREN	6 8a HATHA ANNA 9a STEP & WGHTS PATTY 9a CARDIO LT (ST-X) CANCELLED 10a TOTAL TONE PATTY 10a YOGA MOMS (ST-X) LAUREN 11a KICK-BOX (GYM) CHARLIE 11a ZUMBA BONNIE
7	8 5:45 BOOTCAMP PATRICK 6a HATHA (ST-X) MICHAEL 7:30a PILATES PATTIE 8:30a WEIGHTS + PILATES JEN 9:30a MIXED INTERVAL JEN 9:30a SLOW FLOW (ST-X) KARINA 10:30a BARRE TRACY 10:45 B-BOP (ST-X) MICHAEL 12p MUSCLE MAX LT VICTORIA 4:30p HATHA MICHAEL 6p CIRCUIT STRENGTH MAUREEN 7:30p ASHTANGA LAUREN	9 8a ASHTANGA (ST-X) KATHLEEN 8:30 ZUMBA MARIUS 9:30 CARDIO BARRE CIR. ANDY 10:30a HATHA MICHAEL 4:30p ZUMBA BONNIE 4:30p YOGA-BARRE (ST-X) LISA H 5:30p MUSCLE MAX MARGUERITE 6:30p KICK-BOX (GYM) CHARLIE	10 6a BOOTCAMP PATRICK 7:15a HATHA/MED MICHAEL 8:30a CORE & MORE TRACY 9:30a CARDIO-B/CAMP PATTY 9:30a VINYASA (ST-X) MOLLY 10:30a MUSCLE & BARRE LISA H 12p MUSCLE MAX LT VICTORIA 5:30p MAT + PILATES LISA H 6:30p ZUMBA MARIUS 7:30p VINYASSA JEN	11 5:45a AB CLASS LIZ 6:00a BOOT CAMP LIZ 9:30 CARDIO BARRE ANDY 9:30 CARDIO BOX SHIRIN 10:30a HATHA MICHAEL 4:30p YIN YANG YOGA ELLE 5:30p CARDIO MUSCLE LISA B 6:30p KICK -BOX (GYM) CHARLIE	12 6am ASHTANGA/VINYASA MICHAEL 8:15a HATHA MICHAEL 9:30a CIRCUIT STRENGTH ANDY 10:05a B-BOP (ST-X) MICHAEL 10:30a CARDIO BARRE JODY 5:30p ZUMBA CHRISTINE 6:30p YIN-YANG YOGA LINDA K	13 8a HATHA ANNA 9a STEP & WGHTS PATTY 9a CARDIO LT (ST-X) RUSTY 10a TOTAL TONE PATTY 10a YOGA MOMS (ST-X) NANCY 11a KICK-BOX (GYM) CHARLIE 11a ZUMBA BONNIE
14	15 5:45 BOOTCAMP PATRICK 6a HATHA (ST-X) DEBBIE 7:30a PILATES PATTIE 8:30a WEIGHTS + PILATES PATTY 9:30a MIXED INTERVAL PATTY 9:30a SLOW FLOW (ST-X) KARINA 10:30a BARRE TRACY 10:45 B-BOP (ST-X) MICHAEL 12p MUSCLE MAX LT VICTORIA 4:30p HATHA MICHAEL 6p CIRCUIT STRENGTH TRACY 7:30p ASHTANGA LAUREN HAPPY MOTHER'S DAY CLUB CLOSES AT 4PM	16 8a ASHTANGA (ST-X) MOLLY 8:30 ZUMBA MARIUS 9:30 CARDIO BARRE CIR. ANDY 10:30a HATHA NANCY 4:30p ZUMBA BONNIE 4:30p YOGA-BARRE (ST-X) LISA H 5:30p MUSCLE MAX MARGUERITE 6:30p KICK-BOX (GYM) CHARLIE	17 6a BOOTCAMP PATRICK 7:15a HATHA/MED MICHAEL 8:30a CORE & MORE TRACY 9:30a CARDIO-B/CAMP PATTY 9:30a VINYASA (ST-X) MOLLY 10:30a MUSCLE & BARRE LISA H 12p MUSCLE MAX LT VICTORIA 5:30p MAT + PILATES LISA H 6:30p ZUMBA MARIUS 7:30p VINYASSA CARY	18 5:45a AB CLASS LIZ 6:00a BOOT CAMP LIZ 9:30 CARDIO BARRE ANDY 9:30 CARDIO BOX SHIRIN 10:30a HATHA MICHAEL 4:30p YIN YANG YOGA ELLE 5:30p CARDIO MUSCLE LISA B 6:30p KICK -BOX (GYM) CHARLIE	19 6am ASHTANGA/VINYASA DEBBIE 8:15a HATHA MICHAEL 9:30a CIRCUIT STRENGTH ANDY 10:05a B-BOP (ST-X) MICHAEL 10:30a CARDIO BARRE JODY 5:30p 50/50 ZUMBA MARIUS 6:30p YIN-YANG YOGA LAUREN	20 8a HATHA ANNA 9a STEP & WGHTS PATTY 9a CARDIO LT (ST-X) RUSTY 10a TOTAL TONE PATTY 10a YOGA MOMS (ST-X) LAUREN 11a KICK-BOX (GYM) CHARLIE 11a ZUMBA BONNIE
21	22 5:45 BOOTCAMP PATRICK 6a HATHA (ST-X) MICHAEL 7:30a PILATES LISA F 8:30a WEIGHTS + PILATES JEN 9:30a MIXED INTERVAL JEN 9:30a SLOW FLOW (ST-X) KARINA 10:30a BARRE TRACY 10:45 B-BOP (ST-X) MICHAEL 12p MUSCLE MAX LT VICTORIA 4:30p HATHA LAUREN 6p CIRCUIT STRENGTH MAUREEN 7:30p ASHTANGA LAUREN	23 8a ASHTANGA (ST-X) KATHLEEN 8:30 ZUMBA MARIUS 9:30 CARDIO BARRE CIR. ANDY 10:30a HATHA NANCY 4:30p ZUMBA CHRISTINE 4:30p YOGA-BARRE (ST-X) LISA H 5:30p MUSCLE MAX MARGUERITE 6:30p KICK-BOX (GYM) CHARLIE	24 6a BOOTCAMP PATRICK 7:15 HATHA/MED MICHAEL 8:30a CORE & MORE TRACY 9:30a CARDIO-B/CAMP PATTY 9:30a VINYASA (ST-X) MOLLY 10:30a MUSCLE & BARRE LISA H 12p MUSCLE MAX LT VICTORIA 5:30p MAT + PILATES LISA H 6:30p ZUMBA MARIUS 7:30p VINYASSA CARY	25 5:45a AB CLASS LIZ 6:00a BOOT CAMP LIZ 9:30 CARDIO BARRE ANDY 9:30 CARDIO BOX CANCELLED SHIRIN 10:30a HATHA MICHAEL 4:30p YIN YANG YOGA ELLE 5:30p CARDIO MUSCLE LISA B 6:30p KICK -BOX (GYM) LISA B	26 6am ASHTANGA/VINYASA MICHAEL 8:15a HATHA LISA F 9:30a CIRCUIT STRENGTH ANDY 10:05a B-BOP (ST-X) LISA F 10:30a CARDIO BARRE JODY 5:30p ZUMBA CHRISTINE 6:30p YIN-YANG YOGA LINDA K	27 8a HATHA ANNA 9a STEP & WGHTS PATTY 9a CARDIO LT (ST-X) RUSTY 10a TOTAL TONE PATTY 10a YOGA MOMS (ST-X) LAUREN 11a KICK-BOX (GYM) CHARLIE 11a ZUMBA BONNIE
28	29 MEMORIAL DAY CLUB CLOSED	30 8a ASHTANGA (ST-X) MOLLY 8:30 ZUMBA MARIUS 9:30 CARDIO BARRE CIR. ANDY 10:30a HATHA NANCY 4:30p ZUMBA BONNIE 4:30p YOGA-BARRE (ST-X) LISA H 5:30p MUSCLE MAX MARGUERITE 6:30p KICK-BOX (GYM) CHARLIE	31 6a BOOTCAMP PATRICK 7:30 HATHA/MED MICHAEL 8:30a CORE & MORE TRACY 9:30a CARDIO-B/CAMP PATTY 9:30a VINYASA (ST-X) MOLLY 10:30a MUSCLE & BARRE LISA H 12p MUSCLE MAX LT VICTORIA 5:30p MAT + PILATES LISA H 6:30p ZUMBA MARIUS 7:30p VINYASSA CARY	NEW OFFERINGS/CHANGES WED: 7:15AM HATHA/MED WILL BEGIN WITH HATHA AT 7:15 FOLLOWED BY MEDITATION TUESDAY ZUMBA MOVED TO 8:30 GROUP X STUDIO 50/50 ZUMBA 30 MINUTES OF HEART POUNDING ZUMBA— FOLLOWED BY 30 MINUTES OF STRENGTH CONDITIONING TOTAL TONE: NO IMPACT STRENGTH CLASS FOCUSING ON FULL BODY BURN		CLASSES IN BOLD INDICATE THEY TAKEPLACE IN STUDIO X / BACK GYM OR THEY ARE A NEW OFFERING