

GROUP FITNESS SCHEDULE

MAY 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					MASTER SWIM 7:45 AM COACH TOM (POOL)	
	CYCLE PUMP 8:00 AM LYNDSEY (DECK)		CYCLE PUMP 8:00 AM RACHEL (DECK)		CYCLE 8:45 AM MELINDA (DECK)	
STRONG NATION 9:00 AM LU (PAVILION)	LOW IMPACT STRENGTH 9:00 AM MEGHAN (PAVILION)	ATHLETIC STRENGTH 9:00 AM SUE (PAVILION)	R.I.P.E.D 9:00 AM AMANDA (PAVILION)	BODYWEIGHT BLAST 9:00 AM MEGHAN (PAVILION)	DANCE ALIVE 9:00 AM JESSICA (PAVILION)	HIP HOP 9:00 AM KERRY (PAVILION)
	CYCLE 9:00 AM LYNDSEY (DECK)		CYCLE 9:00 AM RACHEL (DECK)		AQUA FITNESS 9:30 AM LORRAINE (POOL)	
POP PILATES 10:00 AM LU (PAVILION)	ZUMBA 10:00 AM LALEH (PAVILION)	CORE PILATES 10:00 AM SUE (PAVILION)	ZUMBA 10:00 AM LALEH (PAVILION)	HIP HOP 10:00 AM SUSAN (PAVILION)	BODY CONDITIONING 10:00 AM JESSICA (PAVILION)	PILATES CONDITIONING 10:00 AM KERRY (PAVILION)
AQUA FITNESS 10:30 AM MALINDA (POOL)		AQUA FITNESS 10:30 AM MEGHAN (POOL)	AQUA FITNESS 10:30 AM MALINDA (POOL)	AQUA FITNESS 10:30 AM MEGHAN (POOL)	CONTINUOUS FLOW YOGA 10:00 AM KELLEY (STUDIO)	
	CORE AND MORE 11:00 AM BERNADETTE (PAVILION)		CORE PILATES 11:00 AM MEGHAN (PAVILION)			QIGONG 11:15 AM TAMARA (PAVILION)
			MOBILITY & STRENGTH 12:00 PM MEGHAN (PAVILION)	CYCLE 12:00 PM TBD (DECK)		TAI CHI 12:15 PM TAMARA (PAVILION)
BEG. MASTER SWIM 5:30 PM KELLIE (POOL)	R.I.P.P.E.D. 5:00 PM AMANDA (PAVILION) <i>(BEG. 5/11/21)</i>	BEG. MASTER SWIM 5:30 PM KELLIE (POOL)	BODY CONDITIONING 5:00 PM JESSICA (PAVILION)	BEG. MASTER SWIM 5:30 PM KELLIE (POOL)		PLEASE NOTE: PAVILION, DECK & POOL ARE OUTDOORS. STUDIOS ARE INDOORS.
CYCLE 5:45 PM DAN (DECK)		CYCLE 5:45 PM MARK B (DECK)				CLASSES ARE 45 MINUTES LONG UNLESS OTHERWISE NOTED.
GROOV3 6:00 PM SUSAN (PAVILION)	ZUMBA 6:00 PM VANESSA (PAVILION)	ZUMBA 6:00 PM ALVIN (PAVILION)	DANCE ALIVE 6:00 PM JESSICA (PAVILION)			MASKS MUST BE WORN INDOORS AT ALL TIMES & OUTDOORS AT ANY TIME SOCIAL DISTANCING IS NOT POSSIBLE.
	MASTER SWIM 6:15 PM COACH TOM (POOL)		MASTER SWIM 6:15 PM COACH TOM (POOL)			
			SCULPT YOGA 7:00 PM JESSICA (PAVILION)			