

# MAY

## Effective May 2

MONDAY	TUESDAY	WEDNESDAY
<p>6-7 am - <b>GROUP RIDE</b> with Gael (Cycle Studio) <i>NEW CLASS</i></p> <p>7:45-8:30 am - <b>WATER FITNESS</b> with Tina (Rec Pool)</p> <p>9-10 am - <b>GROUP POWER</b> with Gael (Studio 2)</p> <p>10:15-10:45 am - <b>R30</b> with Gael (Cycle Studio) <i>NEW CLASS</i></p> <p>10:15-11 am - <b>FOREVER FIT</b> with Kathleen (GYM)</p> <p>11:30-12:30 pm - <b>YOGA</b> with Gordy (Studio 2)</p> <p>4:15-5:15 pm - <b>BOOT CAMP</b> with Gael <i>Livestream option</i> (Studio 2)</p> <p>5:30-6 pm - <b>R30</b> with Ellie (Cycle Studio)</p> <p>6:15-7:15 pm - <b>GROUP POWER</b> with Bethy (Studio 2)</p>	<p>6-7 am - <b>GROUP POWER</b> with Gael (Studio 2) <i>NEW CLASS</i></p> <p>9-10 am - <b>GROUP FIGHT</b> with Meghan (Studio 2)</p> <p>10:15-11:15 am - <b>GROUP ACTIVE</b> with Bethy (Studio 2)</p> <p>10:15-11 am - <b>CHAIR YOGA</b> with Kathleen (GYM)</p> <p>11:15-12 pm - <b>WATER FITNESS</b> with Tenco (Rec Pool)</p> <p>4:15-5:15 pm - <b>YOGA</b> with Amy <i>Livestream option</i> (Studio 2)</p> <p>5:30-6 pm - <b>HIIT</b> with Amy (Studio 2)</p> <p>6:15-7:15 pm - <b>ZUMBA</b> with Sherrill (Studio 2)</p>	<p>6-7 am - <b>GROUP RIDE</b> with Andi (Cycle Studio)</p> <p>7:45-8:30 am - <b>WATER FITNESS</b> with Tina (Rec Pool)</p> <p>9-10 am - <b>GROUP POWER</b> with Bethy (Studio 2)</p> <p>10:15-10:45 am - <b>R30</b> with Bethy (Cycle Studio) <i>NEW CLASS</i></p> <p>10:15-11 am - <b>FOREVER FIT</b> with Karen (GYM)</p> <p>11:30-12:30 pm - <b>YOGA</b> with Amy <i>Livestream option</i> (Studio 2)</p> <p>4:15-5:15 pm - <b>GROUP FIGHT</b> with Gael (Studio 2)</p> <p>5:30-6 pm - <b>GROUP CORE</b> with Gael (Studio 2)</p> <p>6:15-7:15 pm - <b>YOGA</b> with Gordy (Studio 2)</p>
THURSDAY	FRIDAY	SATURDAY
<p>6-7 am - <b>GROUP POWER</b> with Gael (Studio 2)</p> <p>9-10 am - <b>GROUP RIDE</b> with Ryan (Cycle Studio)</p> <p>10:15-11:15 am - <b>GROUP ACTIVE</b> with Bethy (Studio 2)</p> <p>10:15-11 am - <b>CHAIR YOGA</b> with Judy (GYM)</p> <p>11:15-12 pm - <b>WATER FITNESS</b> with Tenco (Rec Pool)</p> <p>4:15-5:15 pm - <b>YOGA</b> with Amy <i>Livestream option</i> (Studio 2)</p> <p>5:30-6 pm - <b>HIIT</b> with Amy (Studio 2)</p> <p>6:15-7:15 pm - <b>GROUP RIDE</b> with Andi (Studio 2)</p>	<p>9-10 am - <b>GROUP FIGHT</b> with Gael (Studio 2)</p> <p>10:15-11:15 am - <b>GROUP POWER</b> with Bethy (Studio 2)</p> <p>10:15-11 am - <b>FOREVER FIT</b> with Kathleen (GYM)</p> <p>4:15-5:15 pm - <b>BOOT CAMP</b> with Gael <i>Livestream option</i> (Studio 2)</p> <p>5-5:45 pm - <b>WATER FITNESS</b> with Tenco (Rec Pool)</p> <p>6:15-7:15 pm - <b>ZUMBA TONING</b> with Sherrill (Studio 2)</p>	<p>9-10 am - <b>YOGA</b> Rotation with Theresa/Gordy (Studio 2)</p> <p>10:15-11:15 am - <b>YOGA</b> Rotation with Theresa/Gordy/Alla (Studio 2)</p> <p>11:30-12:30 pm - <b>ZUMBA</b> with Sherrill (Studio 2)</p> <p><b>*KID ZONE HOURS:</b>  <b>Mon-Fri: 8:30-12:30 pm</b>  <b>Mon-Thur: 3:30-7:30 pm</b>  <b>Friday: 3:30-6 pm</b>  <b>Saturday: 8:30-1:30 pm</b></p>