

MAY GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY
5:30 - 6:30 am: Group Power - Heather (GX1)	5:30 - 6:30 am: Group Ride - Heather (Cycle Studio)	5:30 - 6:30 am: Group Power - Heather (GX1)
8:45 - 9:15 am: HIIT - Melissa (Synergy)	8:00 - 9:00 am : Water Fitness - Lisa (Pool)	8:45-9:15 am: HIIT - Melissa (Synergy)
9:30 - 10:30 am: Yoga - Roni (GX1)	9:30 - 10:30 am: Bootcamp (HIIT)- Megan (GX1)	9:30 - 10:30 am: Yoga - Roni (GX1)
9:30 - 10:30 am: Group Fight - Heather (GX2)	9:30 - 10:30am: Zumba - Stefanie (GX2)	9:30 - 10:30 am: Group Fight - Heather (GX2)
10:45 - 11:45 am: Forever Fit - Lisa (GX1)	10:45 - 11:45am: Group Active - Stefanie (GX1)	10:45 - 11:45 am: Forever Fit - Lisa (GX1)
12:00 - 1:00 pm: Water Fitness - Nadine (Pool)	12:00 - 1:00 pm: Gentle Water Fitness - Nadine (Pool)	12:00 - 1:00 pm: Yoga - Roni (GX1)
12:00 - 1:00 pm: Water Fitness - Nadine (Pool)	12:00 - 1:00 pm: Gentle Water Fitness - Nadine (Pool)	12:00 - 1:00 pm: Water Fitness - Nadine (Pool)
5:45 - 6:15 pm: Group Core - Kristina (GX1)	5:45 - 6:15 pm: 3D30 - Kristina (GX1)	5:45 - 6:15 pm: Barre - Tiffany (GX1)
6:30 - 7:30 pm: Group Power - Kristina (GX1)	6:30 - 7:30 pm: Group Blast - Kristina (GX1)	6:30 - 7:30 pm: Group Power - Tiffany (GX1)
	6:30 - 7:30 pm: Yoga - Serenity (GX2)	
THURSDAY	FRIDAY	SATURDAY
5:30 - 6:30 am: Group Ride - Kristina (Cycle Studio)	5:30 - 6:30am: Group Blast - Kristina (GX1)	10:45 - 11:45 am: Forever Fit -Lisa (GX1)
8:00 - 9:00 am : Water Fitness -Lisa (Pool)		
9:30 - 10:30 am: Bootcamp (HIIT) - Megan (GX1)	9:30 - 10:30 am: Zumba - Stefanie (GX1)	
12:00 - 1:00 pm: Gentle Water Fitness Nadine (Pool)	10:45-11:45 am: Group Power - Tiffany (GX1)	
12:00 - 1:00 pm: Gentle Water Fitness Nadine (Pool)	12:00 - 1:00 pm: Water Fitness - Nadine (Pool)	
5:45 - 6:15pm: HIIT - Melissa (GX1)		
6:30 - 7:30 pm: Yoga - Serenity (GX1)	Key: GX1: Group Exercise Room 1 GX2: Group Exercise Room 2	
ANNOUNCEMENTS: May PROMO: Unlimited \$10Y credit to Members who bring a guest to the Y to attend a group ex class!		<p>KID ZONE HOURS</p> <p>AM: Monday-Friday 8:00 -12:00pm</p> <p>PM: Mon-Thursday 5:00 - 7:45pm</p> <p>Ages 6wks - 9years old</p> <p><i>Family Membership Benefit</i></p>