

May 2022

GROUP EXERCISE

THREE SPRINGS ROAD

*The gym will be closed on Monday, 5/30/2022 in observance of Memorial Day!

MIX IT UP!

CLASSES ARE A GREAT WAY TO BREAK
THE ROUTINE AND STAY ACTIVE!

	SUN	MON	TUES	WED	THU	FRI	SAT
5:15 - 6:15AM		Spin -Megan -Beth 5/2 Total Tabata -Carrie 5/2,5/9,5/30 -Joy 5/16,5/23	Spin -Beth F.I.T. -Carrie-5/3 -Allison -5/10 -Regina -5/1, 5/24,5/31	Spin -Regina Total Body -Joy	Spin -Allison Step -Carrie 5/5 Power Up -Regina 5/12,5/19,5/26	Bootcamp -Carrie 5/6 -Amy 5/13,5/20,5/27	
8:30 - 9:30AM		Power Up -Tina	Spin -Chandler Zumba -Ana	Bootcamp -Tina	Spin -Chandler	F.I.T. -Ana	Spin -Chandler Saturday Sweat -Regina (F.I.T.)-5/7 -Amy (Tabata)-5/14 -Allison (Power Up+Tabata)-5/21 -Ana (Strong by Zumba)-5/28
9:30 - 10:30AM		Spin -Tina Stretch "N" Flex -Chandler	Pilates -Rose	Spin -Tina Stretch "N" Flex -Heather		Spin -Beth Yoga Stretch -Chandler	Yoga -Sara
5:30 - 6:30PM		Zumba -Ana	Strength & Agility -Danny	Power Up -Peggy	Explosive Fitness -Danny	Zumba Step/ Zumba -Ana-(Zumba) 5/13,5/20,5/27 -Carrie-(Zumba Step) 5/6	

