

MAY 2023

GROUP EXERCISE

THREE SPRINGS ROAD

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		Total Tabata -Carrie Spin -Beth 5/1 -Allison 5/8 -Beth 5/15 -Regina 5/22 -Beth 5/29	Spin -Beth Power Up -Allison	Spin -Regina Total Body -Carrie	Step -Carrie	- Bootcamp -Carrie	
8:30 - 9:30AM		Power Up -Tina	-Spin -Chandler Zumba -Ana	Bootcamp -Tina	Spin -Chandler	F.I.T Ana	Spin -Chandler Saturday Sweat -Zumba-Ana- 5/6 -R.I.P.P.E.D.-Regina 5/13 Tabata-Allison 5/20 -Power Up- Carrie 5/27
9:30 - 10:30AM		Spin -Tina Stretch "N" Flex -Chandler	Pilates -Chandler	Spin -Tina Stretch "N" Flex -Heather		Spin -Beth * Yoga Stretch -Chandler	
5:30 - 6:30PM		Zumba -Ana	Cardio Mashup -Regina 5/2 R.I.P.P.E.D. -Peggy 5/9 Kickboxing -Carrie 5/16 Bootcamp -Peggy 5/253Tabata -Regina 5/30 R.I.P.P.E.D.	Power Up -Peggy	Explosive Fitness -Danny		

