

MAY

RUSSELLVILLE ROAD

2024



	MON	TUE	WED	THU	FRI	SAT
5:15-6:15 AM				TFC H.I.I.T w/Kendall (Turf) *Tabata w/Amy *5/2 & 5/30	Kettlebell+Tabata -Carrie (5/3, 5/31) *Just Weights -Tina (5/10, 5/17, 5/24)	
8:30-9:30 AM	Chair Yoga -Carrie *Tori 5/13 and 5/20	Refine 360 w/ Tina (Turf)	TFC H.I.I.T (Turf) <u>*Ana 5/1</u> <u>*Kendall 5/8, 5/15, 5/22</u> <u>*Regina 5/29</u> **Kettle Bell+ Tabata -Ana ** (5/8 only)	Refine 360 (Turf) -Tina	Chair Yoga -Amy *Tori 5/24	<u>Saturday Sweat</u> F.I.T. -Ana 5/4 Tabata+ Core-Regina 5/11 Power Up-Regina 5/18 Zumba -Ana 5/25
9:30-10:30 AM	Stretch "N" Flex -Chandler *Yoga-Tori 5/20	Yogalates -Tina	<u>Mind & Body</u> Pilates Stretch+Strength Megan 5/1 Stretch + Core-Kendall-5/8 Yoga-Tori- 5/15 Pi-Yo-Allison- 5/22 Pi-Yo-Allison 5/29	Barre -Tina	Yoga Stretch -Tori (Chandler 5/3 & 5/10)	**Mind and Body Pilates + Stretch-Carrie (5/4) Pilates -Peggy (5/11) Stretch "N" Flex -Chandler (5/18) Yoga-Tori (5/25) **Saturday Spin -Regina **Turf Fitness Strength & Conditioning w/Danny <u>5/4 & 5/18</u> TFC H.I.I.T. w/Kendall 5/11 & 5/25
5:30-6:30 PM	<u>Power Hour</u> Yoga-Tori (5/6) Spin+ Weights-Regina (5/13) Bootcamp-Regina (5/20)	<u>Cardio Mashup</u> Kickboxing+Core - 5/7, 5/21 -Peggy Kettle bell + Tabata -5/14, 5/28 -Peggy <u>Spin w/Regina</u>	Zumba -Ana	<u>Tabata + Spin</u> -Regina <u>Strength & Conditioning</u> w/Danny (Turf)	<u>Friday Night Fitness:</u> **Zumba w/Ana 5/3, 5/17, 5/31 **TFC H.I.I.T. w/Kendall (Turf) 5/10 and 5/24	