

# May Class Schedule

Cardio & Strength						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		<b>Power Fit</b> Heather 5:30-6:30		<b>Power Fit</b> Heather 5:30-6:30		
	<b>Step</b> Kelly 8:10-9:10		<b>Cardio</b> Rotates 8:10-9:10		<b>Step</b> Kelly 8:10-9:10	
		<b>Power Fit</b> Kristina 9:15-10:15		<b>Power Fit</b> Kristina 9:15-10:15		<b>Power Fit</b> Rotates 9:15-10:15
	<b>Strength &amp; Conditioning</b> Laurie 4:30-5:15		<b>Strength &amp; Conditioning</b> Julie 4:30-5:15			
PM	<b>Cardio Blast</b> Karyn 5:30-6:30	<b>Power Fit</b> Laura 5:35-6:35				

Yoga & Pilates						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	<b>Yoga</b> Haley 5:30-6:15				<b>Express Heated Yoga</b> Shannon 5:30-6:15	
	<b>Pilates</b> Connie 8:00-9:00	<b>Yoga</b> Connie 8:00-9:00		<b>Yoga</b> Jondrea 8:00-9:00	<b>Pilates</b> Judy 8:00-9:00	
	<b>Yoga</b> Judy 9:15-10:15	<b>Yoga</b> Brittany 9:15-10:15	<b>Yoga</b> Brittany 9:15-10:15	<b>Yoga</b> Judy 9:15-10:15	<b>Yoga</b> Jondrea 9:15-10:15	<b>Yoga</b> Rotates 9:15-10:15
		<b>Chair Yoga</b> Lucinda 10:30-11:30	<b>Mindfulness</b> Athena 10:30-11:30	<b>Chair Yoga</b> Judy 10:30-11:30		
PM	<b>Heated Yoga</b> Shannon 5:30-6:30	<b>Yoga</b> Kristi 5:15-6:15	<b>Stretch into Meditation</b> Jondrea 5:30-6:30	<b>Yoga</b> Sarah 5:15-6:15		

Spin						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		<b>Spin</b> Melissa 5:30-6:15	<b>Spin</b> Stephanie 5:30-6:15	<b>Spin</b> Katie 5:30-6:15	<b>Spin</b> Lori 5:30-6:15	
						<b>Spin</b> Rotates 8:05-9:05
	<b>Spin</b> Morgan 9:30-10:15		<b>Spin</b> Karen 9:30-10:15			
PM	<b>Spin</b> Laura 5:35-6:20		<b>Spin</b> Lori 5:35-6:20			