



## MONDAY

**CLOSED 5/27/24  
MEMORIAL DAY**

6:00 - 6:30 am ●  
FIIT Fusion (A)  
**(NO CLASS 5/20)**

8:15 - 8:45 am  
**CHAIR** Cardio (A)

9:00 - 10:00 am ●  
Cardio Barre w/ Ab Focus (A)  
**(NO CLASS 5/20)**

10:00 - 10:45 am  
**CHAIR** Yoga (B)

11:00 - 11:45 am ●  
Cardio Drumming (A)  
**(NO CLASS 5/13)**

11:00 - 11:45 am  
Yoga Flow (B)

12:00 - 12:45 pm  
TRX & Tone (B)

4:15 - 5:15 pm ●  
Total Body Strength (A)  
**(NO CLASS 5/13)**

5:30 - 6:30 pm  
Stretch & Strength Yoga (A)

## TUESDAY

8:00 - 8:45 am  
Barbell Club (A)

9:00 - 10:00 am ●  
Pilates (A)

10:15 - 10:45 am  
Cardio Drumming (A)

11:00 - 11:30 am  
Upper Body Strength (A)

11:30 - 12:00 pm  
Lower Body Strength (A)

11:30 - 12:30 pm  
Yoga w/ Props (B)  
**(NO CLASS 5/28)**

12:15 - 12:45 pm  
Circuit 30 (A)

2:00 - 2:30 pm  
**CHAIR** Pilates/Core Strength (A)

2:45 - 3:15 pm  
**CHAIR** Weights & Aerobics (A)

4:15 - 5:15 pm  
Booty & Core Burn (A)

5:15 - 6:15 pm  
Pilates Fundamentals (B)

5:30 - 6:30 pm  
**V - Step Cardio (A)**

6:30 - 7:30 pm  
Pilates w/ Kate (B)

## WEDNESDAY

6:00 - 6:45 am ●  
Step into Shape (A)  
**(NO CLASS 5/22)**

8:15 - 9:15 am  
Pilates w/ Kate (A)

9:00 - 10:00 am ●  
Cycle & Suspend w/ Robin (C)  
**(NO CLASS 5/22)**

9:30 - 10:00 am  
**CHAIR** Pilates/Core Strength (A)

10:15 - 10:45 am  
**CHAIR** Weights & Aerobics (A)

11:00 - 12:00 pm  
Total Body Barre (A)

12:15 - 1:00 pm ●●  
Barbell Club (A)  
**(NO CLASS 5/15)**

2:30 - 3:15 pm  
**CHAIR** Yoga (A)

5:15 - 6:15 pm  
Stretch & Strength Yoga (A)

5:30 - 6:30 pm  
Pilates Fundamentals (B)

6:30 - 7:30 pm  
**V - TABATA (A)**

6:45 - 7:45 pm  
Pilates w/ Kate (B)

## THURSDAY

6:30 - 7:15 am ●  
HIIT Spin (C)  
**(NO CLASS 5/16 & 5/23)**

9:00 - 10:00 am ●  
Pilates (A)  
**(NO CLASS 5/16)**

9:15 - 10:15 am  
Total Body Strength (B)

10:00 - 10:30 am ●  
Quick Stretch (A)  
**(NO CLASS 5/16 & 5/23)**

11:00 - 11:30 am  
Upper Body Strength (A)

11:30 - 12:00 pm  
Lower Body Strength (A)

11:30 - 12:30 pm  
Yoga for Balance (B)

12:15 - 12:45 pm  
Cardio Drumming (A)

1:00 - 1:30 pm  
**CHAIR** Barbell (A)

1:30 - 1:45 pm  
**CHAIR** Stretch (A)

5:15 - 6:00 pm  
Kickboxing to the Beat (B)

6:15 - 7:15 pm  
Stretch & Strength Yoga (B)

## FRIDAY

6:30 - 7:30 am  
**V - Cardio Xpress & Body Sculpt (A)**

9:00 - 10:00 am ●  
Step into Shape (A)  
**(NO CLASS 5/17 & 5/24)**

10:15 - 10:45 am  
**CHAIR** Strength & Tone (A)

10:45 - 11:00 am  
**CHAIR** Stretch (A)

12:00 - 12:30 pm **NEW**  
Power 30 (A)

## SATURDAY

5/4/24

7:30 - 8:30 am  
**V - Step Cardio Fitness (A)**

9:30 - 10:30 am  
Pilates Fundamentals (A)

10:45 - 11:45 am  
Pilates w/ Kate (A)

5/11/24

8:30 - 9:30 am  
**V - Power Hour (A)**

9:30 - 10:30 am  
Pilates Fundamentals (B)

10:00 - 11:00 am  
Total Body Strength (A)

10:45 - 11:45 am  
Pilates w/ Kate (B)

5/18/24

8:30 - 9:30 am  
**V - Bars, Bells & Benches (A)**

9:30 - 10:30 am  
Pilates Fundamentals (B)

10:45 - 11:45 am  
Pilates w/ Kate (A)

5/25/24

8:30 - 9:30 am  
**V - 3-2-1 HIIT (A)**

10:00 - 11:00 am  
Total Body Barre (A)

● = REMINDERS

● = Same class, new time!

● = Same class, different day!

V = Class held on-site with virtual instruction

