



SPRING GROUP EXERCISE CLASS SCHEDULE: **MAY**

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
6:00 AM		METABOLIC MADNESS	POWER YOGA FLOW/GENTLE YOGA FLOW	PUNCH, POWER, PREVAIL		CYCLING (7:15)
8:15 AM	CYCLING	SUPERWOMAN STRONG	20/20/20	STEP & SCULPT	SUPER WOMAN STRONG	ULTIMATE UPPERBODY (8:30)
9:30 AM	PILATES FLOW	PUNCH, POWER, PREVAIL	CYCLING	TOTAL BODY STRENGTH	CYFLOW	GENTLE FLOW YOGA/ STEP & SCULPT
4:30 PM	20/20/20	GA-LATES /GENTLE YOGA FLOW (4:45)		MADTIME DANCE FITNESS/DANCE & TONE (4:45)		
5:30 PM	SUPER WOMAN STRONG		PUNCH, POWER, PREVAIL			
6:00 PM		CYCLING		GUTS & GLUTES/STEP & SCULPT		
6:30 PM			TOTAL BODY STRENGTH			

* Cancellations must be done 3 hours prior to any class or there will be a \$10 penalty fee.

* Schedule may change due to demand, instructor availability, attendance, etc. each month.

* Please arrive 10 minutes early to class.

* **Super Saturday: May 5th @ 8 AM.**

* **Closed Monday, May 29th for Memorial Day.**