

# Group Exercise Schedule

## May 1-31

MON	TUE	WED	THUR	FRI	SAT	SUN
<b>CYCLE</b> with Genevelyn <i>Cycle Room</i> 6:00–7:00 am	<b>ENERGY FLOW</b> with Rosemary <i>Dance Studio</i> 8:15–9:15 am	<b>CORE YOGA</b> with Ronni 8:00–9:00 am	<b>BODY PUMP</b> with Preston <i>Banks Gym</i> 6:00–7:00 am	<b>CYCLE</b> with Staff <i>Cycle Room</i> 6:00–7:00 am	<b>PILATES</b> with Carol Ann 8:15–9:00 am	<b>WARRIOR RHYTHM</b> with Laurel 9:15–10:15 am
<b>CORE YOGA</b> with Ronni 8:00–9:00 am	<b>PILATES</b> with Kerry 9:00–9:45 am	<b>BODY COMBAT</b> with Paula 9:15–10:15 am	<b>PILATES PLUS</b> with Kerry <i>Dance Studio</i> 8:00–8:45 am	<b>PILATES</b> with Dee 8:15–9:00 am	<b>GENTLE YOGA</b> with Carol Ann 9:15–10:15 am	<b>BOOTCAMP</b> with Amy <i>Banks Gym or Outside</i> 10:30–11:30 am
<b>GENTLE YOGA</b> with Carol Ann 9:15–10:15 am	<b>BARRE SCULPT</b> with Kerry <i>Dance Studio</i> 10:00–10:50 am	<b>BARRE</b> with Rosemary <i>Dance Studio</i> 9:10–10:00 am	<b>PILATES</b> with Sally 9:00–9:45 am	<b>BARRE</b> with Rosemary <i>Dance Studio</i> 9:10–10:00 am	<b>CORE</b> with Linda <i>Banks Gym</i> 9:20–9:50 am	<b>ZUMBA GOLD</b> with Jill 10:30–11:30 am
<b>BODY COMBAT</b> with Paula <i>Banks Gym</i> 9:30–10:30 am	<b>FLOW YOGA</b> with Annie 10:00–11:00 am	<b>BODY PUMP</b> with Katie <i>Banks Gym</i> 10:00–11:00 pm	<b>CYCLE</b> with Joyce G. <i>Cycle Room</i> 9:20–10:20 am	<b>GENTLE YOGA</b> with Dee 9:15–10:15 am	<b>CYCLE</b> with Joyce G. <i>Cycle Room</i> 9:20–10:20 am	<b>GENTLE YOGA</b> with Staff 1:00–2:00 pm
<b>CORE</b> with Linda <i>Dance Studio</i> 9:30–10:00 am	<b>ADVANCED MINDFUL YOGA</b> with Nora 12:15–1:15 pm	<b>PILATES</b> with Karen <i>Dance Studio</i> 10:15–11:00 am	<b>FLOW YOGA</b> with Annie 10:00–11:00 am	<b>CYCLE BOOTCAMP</b> with Ashley <i>Cycle Room</i> 9:30–10:30 am	<b>BODY PUMP</b> with Katie <i>Banks Gym</i> 10:10–11:10 am	<b>FLOW YOGA</b> with Staff 2:15–3:15 pm
<b>FIT &amp; FAB</b> with Lois 10:30–11:30 am	<b>ZUMBA GOLD</b> with Debra <i>Banks Gym</i> 12:30–1:30 pm	<b>FIT &amp; FAB</b> with Lois 10:30–11:30 am	<b>ZUMBA GOLD</b> with Jill <i>Banks Gym</i> 11:00 am–12:00 pm	<b>BODY PUMP</b> with Jill <i>Banks Gym</i> 10:00–11:00 am	<b>ZUMBA</b> with Monica 10:30–11:30 am	 <p>Please see our Small Group Training schedule for all of our monthly class offerings.</p>
<b>MUSCLE CONDITIONING</b> with Lois <i>Banks Gym</i> 11:45pm–12:45pm	<b>SILVER SNEAKERS</b> with Dee 1:30–2:30 pm	<b>MUSCLE CONDITIONING</b> with Lois <i>Banks Gym</i> 11:45am–12:45pm	<b>GENTLE YOGA</b> with Jill 12:15–1:15 pm	<b>ZUMBA GOLD CHAIR</b> with Jill 11:30 am–12 pm	<b>FLOW YOGA</b> with Dione 12:15–1:15 pm	
<b>CYCLE</b> with Joyce G. <i>Cycle Room</i> 12:15–1:15 pm	<b>PILATES</b> with Carol Ann 5:30–6:15 pm	<b>GENTLE YOGA</b> with Siv 12:15–1:15 pm	<b>SILVER SNEAKERS</b> with Dee 1:30–2:30 pm	<b>ZUMBA</b> with Jill <i>Banks Gym</i> 12:30–1:30 pm		
<b>SILVER SNEAKERS YOGA</b> with Dee 12:30–1:30 pm	<b>ZUMBA</b> with Monica <i>Dance Studio</i> 6:00–7:00 pm	<b>FAB FUNCTIONAL FITNESS</b> with Lois <i>Banks Gym</i> 1:00–1:45pm	<b>MINDFUL YOGA</b> with Ronni <i>Dance Studio</i> 5:00–6:00 pm	<b>SILVER SNEAKERS</b> with Dee 12:30–1:30 pm		
<b>SILVER SNEAKERS YOGA</b> with Dee 1:30–2:30 pm	<b>GENTLE YOGA</b> with Dione 6:30–7:30 pm	<b>SILVER SNEAKERS YOGA</b> with Siv 1:30–2:30 pm	<b>CYCLE</b> with Genevelyn <i>Cycle Room</i> 6:00–7:00 pm			
<b>BARRE</b> with Rosemary <i>Dance Studio</i> 5:30–6:20 pm		<b>BARRE</b> with Rosemary <i>Dance Studio</i> 5:30–6:20 pm	<b>BODY PUMP</b> with Becky <i>Banks Gym</i> 6:00–6:45 pm			
<b>BODYPUMP</b> with Staff <i>Banks Gym</i> 5:30–6:30 pm		<b>WARRIOR RHYTHM</b> with Laurel 6:00–7:00 pm				
<b>CORE</b> with Linda 5:35–6:05 pm						

Due to Upstairs Fitness Renovations, classes typically held in the Group Exercise Studio and Dance Studio will take place in different locations. Please see signs posted in the lobby for new class locations.

**MEMORIAL DAY HOURS 5/29**  
We are open from 7:00 AM - 1PM