



Group Fitness May 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 7:30am Chair Fitness 8:30am Basic Step 9:45am Yoga 4:45pm Spin 5:30pm BodyBalance	2 5:05am BodyPump 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomers	3
4 5:05am BodyPump 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomers 5:30pm BodyPump	5 5:05am BodyPump 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomers 5:30pm BodyPump	6 5:05am Spin 7:30am Chair Fitness 8:30am Zumba 9:40am BodyBalance 5:30pm Spin	7 5:05am BodyPump 8:30am BodyPump 9:35am BodyCombat 10:15am Baby Boomers 5:30pm BodyPump	8 7:30am Chair Fitness 8:30 Basic Step 9:45am Yoga 4:45pm Spin 5:30pm BodyBalance	9 5:05am BodyPump 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomers	10
11 5:05am BodyPump 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomers 5:30pm BodyPump	12 5:05am BodyPump 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomers 5:30pm BodyPump	13 5:05am Spin 7:30am Chair Fitness 8:30am Zumba 9:40am BodyBalance 5:30 Spin	14 5:05am BodyPump 8:30am BodyPump 9:35am BodyCombat 10:15am Baby Boomers 5:30pm BodyPump	15 7:30am Chair Fitness 8:30 Basic Step 9:45am Yoga 4:45pm Spin 5:30pm BodyBalance	16 5:05am BodyPump 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomers	17
18 5:05am BodyPump 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomers 5:30pm BodyPump	19 5:05am BodyPump 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomers 5:30pm BodyPump	20 5am Spin 7:30 Chair Fitness 8:30am Zumba 9:30am BodyBalance 5:30pm Spin	21 5:05am BodyPump 8:30am BodyPump 9:35am BodyCombat 10:15am Baby Boomers 5:30pm BodyPump	22 7:30am Chair Fitness 8:30 Basic Step 9:45am Yoga 4:45pm Spin 5:30pm BodyBalance	23 5:05am BodyPump 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomers	24
25 No classes Memorial Day	26 No classes Memorial Day	27 5:05am Spin 7:30 Chair Fitness 8:30am Zumba 9:40am BodyBalance 5:30pm Spin	28 5:05am BodyPump 8:30am BodyPump 9:35am BodyCombat 10:15am Baby Boomers 5:30pm BodyPump	29 7:30am Chair Fitness 8:30 Basic Step 9:45am Yoga 4:45pm Spin 5:30pm Yoga	30 5:05am BodyPump 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomers	31