

neeEffective May 1 thru May 31

Time-	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am-6:15am			SPIN Ryan		SPIN Ryan	
7:30-8:15am						
8:00-8:30am						
8:30-9:30am	Spin Beth	Instructors Choice Beth	Totally Toned Beth	Zumba Janell Spin Beth	Hula Hoop-sign up Janell Pump it Up to begin May 18	Cardio Kickboxing Danita
9:45-10:30am	FIT for Seniors Jacki	Zumba Gold Janell	FIT for Seniors Jacki	Zumba Gold Mix Janell	FIT for Seniors	
4:45-5:30pm	Hard Core Abs & Arms Jacki	Balls & Bands Jenny	Interval Mix Jacki	Hard Core Abs & Legs Jacki		
5:30-6:00pm					Xtreme Arms Danita	
6:00-6:30pm					30 Min Spin Danita	
5:30-6:30pm	Step It UP Beth SPIN Jacki	Zumba Janell Spin Corrinne	Pilates Corrinne Advanced 30 Min SPIN Jacki	Hula Hoop-sign up Jacki Cardio ZONE to begin May 17		
6:30-7:00pm	Lower Limits					
6:30-7:30pm			Cardio Kickboxing Danita			
7:00-8:00pm	Cardio Kickboxing Danita					