



MAY 2022 | GROUP FITNESS SCHEDULE



AM CLASSES	MON	TUE	WED	THU	FRI	SAT
8:00 AM		Gentle Yoga w/Kat				Yoga w/Debbie
8:30 AM						Cardio Tennis w/Scott
9:00 AM	Total Body w/Bonnie	Total Body w/Bonnie	Pilates w/Bonnie	Total Body w/Bonnie	Total Body w/Bonnie	
10:00 AM	Flow Yoga w/Kat Aqua Aerobics w/Bonnie	Barre w/Bonnie	Flow Yoga w/Kat Aqua Aerobics w/Bonnie	Barre w/Bonnie	Flow Yoga with Restore w/Kat Aqua Zumba w/Bonnie	
11:00 AM	Aqua Aerobics w/Bonnie		Aqua Aerobics w/Bonnie			
PM CLASSES	MON	TUE	WED	THU	FRI	SAT
4:00 PM				Sculpt Yoga w/Kat		
5:00 PM				Restorative Yoga w/Kat		