



May Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:50am	Pedal Power <i>Ben</i>		Pedal Power <i>Ben</i>		Pedal Power <i>Ben</i>	
8:30am	 <i>Joan</i>	8:15-9:30am Flow Yoga <i>Laura</i>	 <i>Joan</i>	Pilates Mix <i>Joan</i>	 <i>Joan/Chi</i>	
9:35am	Gentle Flow & Stretch <i>Amanda</i>	Beginning Tai Chi <i>George</i>	Gentle Flow & Stretch <i>Amanda</i>	Multi-Level Yoga <i>Sue</i>	Total Body Conditioning <i>Joan/Chi</i>	Zumba <i>Jamie</i>
9:35am	Pedal Power <i>Lydia</i>		Pedal Power <i>Lydia</i>			
10:40am				Tai Chi <i>no instructor</i> <i>all levels welcome</i>		 <i>Aubrey</i>
12:30pm				Yoga <i>Nancy</i>		
4:00pm		Zumba <i>Jamie</i>	4:30pm Zumba <i>Jamie</i>			
5:00pm		Core <i>Anne Marie</i>		Core <i>Anne Marie</i>		
5:30pm		Pedal Power <i>Lydia</i>				
5:40pm	 <i>Chi</i> <i>(45 min express)</i>	 <i>Chi/Phil/Kathy</i>	 <i>Kathy</i>	 <i>Phil/Kathy</i>		
6:45pm	Flow Yoga <i>Caitlin</i>					

Feature Classes for April: Wednesday Zumba @4:30pm