

# American Fitness Class Schedule • May 2018

TUESDAY

SUNDAY

MONDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<b>Save the date! Sat June 1 and 8</b> <b>Weight Loss Hypnosis Clinic</b> <b>12:15-1:30pm \$35 per class or \$65</b> <b>for both. Sign up in advance by</b> <b>emailing: maurhealthy@gmail.com.</b> <b>A minumum of ten people required.</b>		<b>1</b> NO MEDITATION/NO YOGA AS MEDICINE TODAY ONLY. Sorry for any inconvenience. <b>8:30-9:30a:</b> Spin Pump (Rod) <b>9:15-10:15a:</b> Pump (Heather) <b>10:15-11:15a:</b> CardioKick (Heather) <b>*10:30-11:45a:</b> Power Yoga (Javier) <b>*5:45-6:45p:</b> Restorative (DENISE) <b>5:45-6:45p:</b> Butts & Guts (Deb C)	<b>2</b> <b>7:05-8:00a:</b> Flow Yoga (JOY) <b>8:00-9:00a:</b> Spin* (Heather) <b>8:15-9:15a:</b> H.I.C.T. (Monica) <b>*8:30-9:30a:</b> AM Stretch (MARY) <b>9:30-10:30a:</b> RIP (Mary) <b>*10:30-11:45a:</b> Hot Yoga (Javier) <b>5:45-6:30p:</b> Step Class (Deb C)	<b>3</b> <b>7:30-9:00a:</b> Gentle Yoga (Kim) <b>8:30-9:30a:</b> Spin Pump (Rod) <b>9:15-10:15a:</b> CardioPump(Mary) <b>10:20-11:20a:</b> Pilates (Mary) <b>11:30-12:30:</b> Line Dancing (Ivy) <b>5:00-6:00pm:</b> Spin (Heather) <b>*5:45-6:45p:</b> Yin Yoga (Kim) <b>5:45-6:45p:</b> Body Pump (Deb C) <b>6:45-7:15p:</b> Core 30 (DebC)	<b>4</b> <b>7:00-7:50a:</b> H.I.C.T. (Monica J) <b>8:00-9:00a:</b> R.I.P. (Mary M) <b>8:00-9:00a:</b> Spin (Monica J) <b>9:15-10:15a:</b> Zumba* (Monica J) <b>10:30-11:30a:</b> Gentle Flow (Wendy)	<b>5</b> <b>8:00-9:30a:</b> Spin* (Sharon T) <b>8:35-9:30a:</b> Pump It Up (Maura) <b>9:30-10:30a:</b> SuperStep (Maura) <b>10:35-12:00p:</b> YinYoga (Maura)
<b>6</b> <b>1:00 pm-2:00 pm:</b> RIP (MARY) <b>2:00-3:00 pm:</b> Hatha Yoga (Kim)	<b>7</b> <b>7:05-7:50a:</b> FloorFlo (Maura) <b>8:05-9:05a:</b> RIP (Mary) <b>8:30-9:30a:</b> Spin Pump (Rod) <b>*9:00-10:00a:</b> Chair Yoga (Kim) <b>9:10-10:10a:</b> Zumba* (Monica J) <b>*10:15-11:45a:</b> SloYinFiz (Kim S) <b>*5:30-6:30p:</b> NEW!Buti (Lauren J) <b>5:45-6:45p:</b> Zumba* (MonikaB) <b>6:45-7:15p:</b> Core 30 (Monika B)	<b>8</b> <b>7:05-7:30a:</b> Meditate (Maura) <b>7:30-9a:</b> Yoga as Medicine (Maura) <b>8:30-9:30a:</b> Spin Pump (Rod) <b>9:15-10:15a:</b> Pump (Heather) <b>10:15-11:15a:</b> CardioKick (Heather) <b>*10:30-11:45a:</b> Power Yoga (Javier) <b>*5:45-6:45p:</b> Restorative Yoga (Kim) <b>5:45-6:45p:</b> Butts & Guts (DebC)	<b>9</b> <b>7:05-8:00a:</b> Flow Yoga (Maura) <b>8:00-9:00a:</b> Spin* (Heather) <b>8:15-9:15a:</b> H.I.C.T. (Monica) <b>*8:30-9:30a:</b> AM Stretch (Kim) <b>9:30-10:30a:</b> RIP (Mary) <b>*10:30-11:45a:</b> Hot Yoga (Javier) <b>5:45-6:30p:</b> Step Class (Deb C)	<b>10</b> <b>7:30-9:00a:</b> Gentle Yoga (Kim) <b>8:30-9:30a:</b> Spin Pump (Rod) <b>9:15-10:15a:</b> CardioPump(Mary) <b>10:20-11:20a:</b> Pilates (Mary) <b>11:30-12:30:</b> Line Dancing (Ivy) <b>5:00-6:00pm:</b> Spin (Heather) <b>*5:45-6:45p:</b> Yin Yoga (Kim) <b>5:45-6:45p:</b> Body Pump (DebC) <b>6:45-7:15p:</b> Core 30 (DebC)	<b>11</b> <b>7:00-7:50a:</b> H.I.C.T. (Monica J) <b>8:00-9:00a:</b> R.I.P. (Mary M) <b>8:00-9:00a:</b> Spin (Monica J) <b>9:15-10:15a:</b> Zumba* (Monica J) <b>10:30-11:30a:</b> Gentle Flow (Wendy)	<b>12</b> <b>8:00-9:30a:</b> Spin* (Sharon T) <b>8:35-9:30a:</b> Pump It Up (Maura) <b>9:30-10:30a:</b> SuperStep (Maura) <b>10:35-12:00p:</b> YinYoga (Maura)
<b>13</b> <b>NO CLASSES</b> <b>HAPPY MOTHER'S DAY</b>	<b>14</b> <b>7:05-7:50a:</b> FloorFlo (Maura) <b>8:05-9:05a:</b> RIP (Mary) <b>8:30-9:30a:</b> Spin Pump (Rod) <b>*9:00-10:00a:</b> Chair Yoga (Kim) <b>9:10-10:10a:</b> Zumba* (Monica J) <b>*10:15-11:45a:</b> SloYinFiz (Kim S) <b>*5:30-6:30p:</b> NEW!Buti (Lauren J) <b>5:45-6:45p:</b> Zumba* (MonikaB) <b>6:45-7:15p:</b> Core 30 (Monika B)	<b>15</b> <b>7:05-7:30a:</b> Meditate (Maura) <b>7:30-9a:</b> Yoga as Medicine (Maura) <b>8:30-9:30a:</b> Spin Pump (Rod) <b>9:15-10:15a:</b> Pump (Heather) <b>10:15-11:15a:</b> CardioKick (Heather) <b>*10:30-11:45a:</b> Power Yoga (Javier) <b>*5:45-6:45p:</b> Restorative Yoga (Kim) <b>5:45-6:45p:</b> Butts & Guts (DebC)	<b>16</b> <b>7:05-8:00a:</b> Flow Yoga (Maura) <b>8:00-9:00a:</b> Spin* (Heather) <b>8:15-9:15a:</b> H.I.C.T. (Monica) <b>*8:30-9:30a:</b> AM Stretch (Kim) <b>9:30-10:30a:</b> RIP (Mary) <b>*10:30-11:45a:</b> Hot Yoga (Javier) <b>5:45-6:30p:</b> Step Class (Deb C)	<b>17</b> <b>7:30-9:00a:</b> Gentle Yoga (Kim) <b>8:30-9:30a:</b> Spin Pump (Rod) <b>9:15-10:15a:</b> CardioPump(Mary) <b>10:20-11:20a:</b> Pilates (Mary) <b>11:30-12:30:</b> Line Dancing (Ivy) <b>5:00-6:00pm:</b> Spin (Heather) <b>*5:45-6:45p:</b> Yin Yoga (Kim) <b>5:45-6:45p:</b> Body Pump (DebC) <b>6:45-7:15p:</b> Core 30 (DebC)	<b>18</b> <b>7:00-7:50a:</b> H.I.C.T. (Monica J) <b>8:00-9:00a:</b> R.I.P. (Mary M) <b>8:00-9:00a:</b> Spin (Monica J) <b>9:15-10:15a:</b> Zumba* (Monica J) <b>10:30-11:30a:</b> Gentle Flow (Wendy)	<b>19</b> <b>8:00-9:30a:</b> Spin* (Sharon T) <b>8:35-9:30a:</b> Pump It Up (DEB) <b>9:30-10:30a:</b> SuperStep (DEB) <b>10:35-12:00p:</b> YinYoga (KIM)
<b>20</b> <b>1:00 pm-2:00 pm:</b> RIP (Sharon) <b>2:00-3:00 pm:</b> Hatha Yoga (Kim)	<b>21</b> <b>7:05-7:50a:</b> FloorFlo (Maura) <b>8:05-9:05a:</b> RIP (Mary) <b>8:30-9:30a:</b> Spin Pump (Rod) <b>*9:00-10:00a:</b> Chair Yoga (Kim) <b>9:10-10:10a:</b> Zumba* (Monica J) <b>*10:15-11:45a:</b> SloYinFiz (Kim S) <b>*5:30-6:30p:</b> NEW!Buti (Lauren J) <b>5:45-6:45p:</b> Zumba* (MonikaB) <b>6:45-7:15p:</b> Core 30 (Monika B)	<b>22</b> <b>7:05-7:30a:</b> Meditate (Maura) <b>7:30-9a:</b> Yoga as Medicine (Maura) <b>8:30-9:30a:</b> Spin Pump (Rod) <b>9:15-10:15a:</b> Pump (Heather) <b>10:15-11:15a:</b> CardioKick (Heather) <b>*10:30-11:45a:</b> Power Yoga (Javier) <b>*5:45-6:45p:</b> Restorative Yoga (Kim) <b>5:45-6:45p:</b> Butts & Guts (DebC)	<b>23</b> <b>7:05-8:00a:</b> Flow Yoga (Maura) <b>8:00-9:00a:</b> Spin* (Heather) <b>8:15-9:15a:</b> H.I.C.T. (Monica) <b>*8:30-9:30a:</b> AM Stretch (Kim) <b>9:30-10:30a:</b> RIP (Mary) <b>*10:30-11:45a:</b> Hot Yoga (Javier) <b>5:45-6:30p:</b> Step Class (Deb C)	<b>24</b> <b>7:30-9:00a:</b> Gentle Yoga (Kim) <b>8:30-9:30a:</b> Spin Pump (Rod) <b>9:15-10:15a:</b> CardioPump(Mary) <b>10:20-11:20a:</b> Pilates (Mary) <b>11:30-12:30p:</b> Line Dancing (Ivy) <b>5:00-6:00pm:</b> Spin (Heather) <b>*5:45-6:45p:</b> Yin Yoga (Kim) <b>5:45-6:45p:</b> Body Pump (DebC) <b>6:45-7:15p:</b> Core 30 (DebC)	<b>25</b> <b>7:00-7:50a:</b> H.I.C.T. (Monica J) <b>8:00-9:00a:</b> R.I.P. (Mary M) <b>8:00-9:00a:</b> Spin (Monica J) <b>9:15-10:15a:</b> Zumba* (Monica J) <b>10:30-11:30a:</b> Gentle Flow (Wendy)	<b>26</b> <b>8:00-9:30a:</b> Spin* (Sharon T) <b>8:35-9:30a:</b> Pump It Up (Maura) <b>9:30-10:30a:</b> SuperStep (Maura) <b>10:35-12:00p:</b> YinYoga (Maura)
<b>27</b> <b>1:00 pm-2:00 pm:</b> RIP (Sharon) <b>2:00-3:00 pm:</b> Hatha Yoga (Kim)	<b>28</b> <b>7:05-7:50a:</b> FloorFlo (Maura) <b>8:05-9:05a:</b> RIP (Mary) <b>8:30-9:30a:</b> Spin Pump (Rod) <b>*9:00-10:00a:</b> Chair Yoga (Kim) <b>9:10-10:10a:</b> Zumba* (Monica J) <b>*10:15-11:45a:</b> SloYinFiz (Kim S) <b>*5:30-6:30p:</b> NEW!Buti (Lauren J) <b>5:45-6:45p:</b> Zumba* (MonikaB) <b>6:45-7:15p:</b> Core 30 (Monika B)	<b>29</b> <b>7:05-7:30a:</b> Meditate (Maura) <b>7:30-9a:</b> Yoga as Medicine (Maura) <b>8:30-9:30a:</b> Spin Pump (Rod) <b>9:15-10:15a:</b> Pump (Heather) <b>10:15-11:15a:</b> CardioKick (Heather) <b>*10:30-11:45a:</b> Power Yoga (Javier) <b>*5:45-6:45p:</b> Restorative Yoga (Kim) <b>5:45-6:45p:</b> Butts & Guts (DebC)	<b>29</b> <b>7:05-8:00a:</b> Flow Yoga (Maura) <b>8:00-9:00a:</b> Spin* (Heather) <b>8:15-9:15a:</b> H.I.C.T. (Monica) <b>*8:30-9:30a:</b> AM Stretch (Kim) <b>9:30-10:30a:</b> RIP (Mary) <b>*10:30-11:45a:</b> Hot Yoga (Javier) <b>5:45-6:30p:</b> Step Class (Deb C)	<b>30</b> <b>7:30-9:00a:</b> Gentle Yoga (Kim) <b>8:30-9:30a:</b> Spin Pump (Rod) <b>9:15-10:15a:</b> CardioPump(Mary) <b>10:20-11:20a:</b> Pilates (Mary) <b>11:30-12:30p:</b> Line Dancing (Ivy) <b>5:00-6:00pm:</b> Spin (Heather) <b>*5:45-6:45p:</b> Yin Yoga (Kim) <b>5:45-6:45p:</b> Body Pump (DebC) <b>6:45-7:15p:</b> Core 30 (DebC)	<b>31</b> <b>7:00-7:50a:</b> H.I.C.T. (Monica J) <b>8:00-9:00a:</b> R.I.P. (Mary M) <b>8:00-9:00a:</b> Spin (Monica J) <b>9:15-10:15a:</b> Zumba* (Monica J) <b>10:30-11:30a:</b> Gentle Flow (Wendy)	<b>Save the date</b> <b>June 1 and 8</b> <b>12:15 pm</b> <b>Weight Loss</b> <b>Hypnosis Class</b>