***May 2018 Group Fitness & Personal Training Schedule***

|  |  | | | | |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  | 15:30am Spin David  9:00am Yogalates Michelle  12:00 Spin & Core David  4:30pm HIIT Krista  **5:30pm Body Sculpt Missy**  **6:30pm Hip Hop Step Jett** | 2  **9:00am Body Sculpt Jett**  **10:30am Senior Circuit Jett**  **5:30pm Spin & Box Missy**  **6:30pm Latin Dance Jett**  **7:30pm Heated Yoga Jett** | 3  **12:00 Spin & Core David**  **5:30pm HIIT Krista**  **6:30pm Barre Krista** | 4  **5:30am Spin David**  **9:00am CTS Jett**  **10:30am Senior Strength Jett**  **6:30pm Latin Dance Jett/Dave** | 5  **7:00am Spin David**  **8:30am Trifecta Missy**  **10:00am Piyo Barre Krista** |
| 6  **2:00pm Battle Rope Bootcamp PT Jett** | 7 **9:00am Body Sculpt Krista**  **10:30am Senior Strength Raven**  **4:30pm CTS David**  **5:30pm Box Group PT Krista**  **6:45pm Heated Yoga Krista** | 8 **5:30 Spin David**  **9:00am Yogalates Michel**le  **12:00 Spin & Core David**  **4:30pm HIIT Krista**  **5:30pm Body Sculpt Missy**  **6:30pm Hip Hop Step Jett** | 9  **9:00am Body Sculpt Jett**  **10:30am Senior Circuit Jett**  **5:30pm Spin & Box Missy**  **6:30pm Latin Dance Jett**  **7:30pm Heated Yoga Jett** | 10  **12:00 Spin & Core David**  **5:30pm HIIT Krista**  **6:30pm Barre Krista** | 11  **5:30am Spin David**  **9:00am CTS Jett**  **10:30am Senior Strength Jett**  **6:30pm Latin Dance Jett/Dave** | 12  **7:00am Spin David**  **8:30am Trifecta Missy**  **10:00am Piyo Barre Krista** |
| 13  ***Closed***  ***Mother's Day!!!*** | 14**9:00am Body Sculpt Krista**  **10:30am Senior Strength Raven**  **4:30pm CTS David**  **5:30pm Box Group PT Krista**  **6:45pm Heated Yoga Krista** | 15 **5:30am Spin David**  **9:00am Yogalates Michelle**  **12:00 Spin & Core David**  **4:30pm HIIT Krista**  **5:30pm Body Sculpt Missy**  **6:30pm Hip Hop Step Jett** | 16  **9:00am Body Sculpt Jett**  **10:30am Senior Circuit Jett**  **5:30pm Spin & Box Missy**  **6:30pm Latin Dance Jett**  **7:30pm Heated Yoga Jett** | 17  **12:00 Spin & Core David**  **5:30pm HIIT Krista**  **6:30pm Barre Krista** | 18  **5:30am Spin David**  **9:00am CTS Jett**  **10:30am Senior Strength Jett**  **6:30pm Latin Dance Jett/Dave** | 19  **7:00am Spin David**  **8:30am Trifecta Missy**  **10:00am Piyo Barre Krista** |
| 20  **2:00pm Battle Rope Bootcamp PT Jett** | 21 **9:00am Body Sculpt Krista**  **10:30am Senior Strength Raven**  **4:30pm CTS David**  **5:30pm Box Group PT Krista**  **6:45pm Heated Yoga Krista** | 22**5:30am Spin David**  **9:00am Yogalates Michelle**  **12:00 Spin & Core David**  **4:30pm HIIT Krista**  **5:30pm Body Sculpt Missy**  **6:30pm Hip Hop Step Jett** | 23  **9:00am Body Sculpt Jett**  **10:30am Senior Circuit Jett**  **5:30pm Spin & Box Missy**  **6:30pm Latin Dance Jett**  **7:30pm Heated Yoga Jett** | 24  **12:00 Spin & Core David**  **5:30pm HIIT Krista**  **6:30pm Barre Krista** | 25  **5:30am Spin David**  **9:00am CTS Jett**  **10:30am Senior Strength Jett**  **6:30pm Latin Dance Jett/Dave** | 26  **7:00am Spin David**  **8:30am Trifecta Missy**  **10:00am Piyo Barre Krista** |
| 27  **2:00pm Battle Rope Bootcamp PT Jett** | 28  **Memorial Day!**  **Closed** | 29 **5:30am Spin David**  **9:00am Yogalates Michelle**  **12:00 Spin & Core David**  **4:30pm HIIT Krista**  **5:30pm Body Sculpt Missy**  **6:30pm Hip Hop Step Jett** | 30  **9:00am Body Sculpt Jett**  **10:30am Senior Circuit Jett**  **5:30pm Spin & Box Missy**  **6:30pm Latin Dance Jett**  **7:30pm Heated Yoga Jett** | 31  **12:00 Spin & Core David**  **5:30pm HIIT Krista**  **6:30pm Barre Krista** | Must Pre-Register for all Group PT Classes $10.00/Class | |