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

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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  | 15:30am Spin David9:00am Yogalates Michelle12:00 Spin & Core David4:30pm 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 |