

May



GROUP EX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:15-Jamz- Petra 10:30-Sit & Fit-Kelly 5:30-Tabata-Kelly S 6:30-Easy Yoga- Tina	2 9:15-20/20/20- Jo Ann 10:30-Yoga- Valerie 5:30-PIYO-Stephanie 6:30-Jamz- Petra	3 9:15-Lift &Tone- Terry 10:25-Resist-a-ball- Suz 11:35-Sit & Fit- Jo Ann	4 9-Ripped- Terry No Yoga Classes Today
6 9:15-Turbo Kick- Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Insanity- Lisa 6:45-Barre- Valerie	7 9:15-Lift & Tone- Terry 10:30-Yoga- Maggie 11:35-Chair Pilates-Suz 5:30-Resist-a-ball/CT- Marcella 6:30-Lift & Tone- Geri	8 9:15-Jamz- Petra 10:30-Sit & Fit- Jo Ann 5:30-Tabata-Kelly S 6:30-Easy Yoga- Maggie	9 9:15-20/20/20- Terry 10:30 Yoga- Maggie 5:30-PIYO-Stephanie 6:30-Jamz- Petra	10 9:15-Lift &Tone- Molly 10:25-Bootcamp Pilates- Suz 11:35-Sit & Fit- Robin 6-Jamz/Spin Happy Hour at Better Bodies. Bring a guest for free. Refresh- ments afterwards.	11 9-Jamz- Karen 10:10-Yoga- Valerie
13 9:15-ST/CT-Jo Ann 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Core De Force- Alexis 6:45-Barre- Morgan	14 9:15-Lift & Tone-Jennifer 10:30- Yoga- Maggie 11:35-Chair Pilates-Suz 5:30-Ripped- Krista 6:30-Lift & Tone- Marcella	15 9:15-Jamz- Petra 10:30-Sit & Fit- Jo Ann 5:30-Tabata- Kelly S 6:30-Easy Yoga- Tina	16 9:15-20/20/20-Jennifer 10:30 Yoga- Maggie 5:30-PIYO- Stephanie 6:30-Jamz- Petra	17 9:15-Lift & Tone- Dan 10:25-Resist-a-ball- Suz 11:35-Sit & Fit- Debbie	18 9-Tabata/Lift- Alexis 10:10-Yoga- Geri 11:20-Easy Yoga- Geri
20 9:15-Ripped- Terry 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Turbo Kick- Lisa 6:45-Barre- Stephanie	21 9:15-Lift & Tone-Marcella 10:30-Yoga- Maggie 11:35-Chair Pilates-Suz 5:30-Core De Force- Krista 6:30-Lift & Tone- Nell	22 9:15-Jamz- Petra 10:30-Sit & Fit- Kelly 5:30-Tabata- Kelly S 6:30-Easy Yoga- Maggie	23 9:15-20/20/20- Marcella 10:30 Yoga- Valerie 5:30-PIYO- Lisa 6:30-Jamz- Petra	24 9:15-Lift & Tone- Nell 10:25-Bootcamo Pilates- Suz 11:35-Sit & Fit- Debbie	25 9-Turbo Kick- Lisa 10:10-Yoga- Tina 11:20-Easy Yoga- Tina
27 HAPPY MEMORIAL DAY!	28 9:15-Lift & Tone-Molly 10:30-Yoga- Maggie 11:35-Chair Pilates- Suz 5:30-BOOTCAMP- Nell 6:30-Lift & Tone- Geri	29 9:15-Jamz- Petra 10:30-Sit & Fit- Kelly 5:30-Tabata- Kelly S 6:30-Easy Yoga- Tina	30 9:15-20/20/20- Jo Ann 10:30-Yoga/Pilates- Robin 5:30-PIYO- Alexis 6:30-Jamz- Petra	31 9:15-Lift & Tone- Valerie 10:25-Resist-a-ball- Suz 11:35-Sit & Fit- Robin	