

# MAY CLASS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:00AM</b>	Spin/Abs-Gabee		Bootcamp-Gabee		Circuit Training-Gabee		
<b>5:30AM</b>			H.I.I.T Intervals-Sharon		Matrix Ride-Sharon		
<b>8:00AM</b>		Matrix Ride Express-Amber		Matrix Ride Express-Amber		7am, Matrix Ride 8am, Bootcamp-Gabee 5/4 & 5/11	
<b>8:30AM</b>	Matrix Ride Express-Kristin	Cardio Kick-Amber	Total Body Intervals-Kristin	Cardio Kick-Kristin	Step and Tone-Kristin		
	Lower Body & Abs-Gabee	Upper Body and Circuits-Gabee	Full Body Bootcamp-Gabee	Upper Body and Cardio-Gabee	Lower Body & Abs-Gabee	Matrix Ride Express-Sharon	
<b>9:00AM</b>	Quick H.I.I.T-Kristin			Zumba 30-Kristin		Kickboxing-Sharon	Vinyasa Yoga-Mariann
<b>9:30AM</b>					Power Up-Jessica	Aqua Zumba-Jessica R	9am, 5/5 & 5/26
<b>10:30AM</b>		Mat/Core Pilates-Brenda		Mat/Core Pilates-Brenda	Silver Sneakers-Vicky	10am, 5/18	
<b>11:00AM</b>	Silver Sneakers-Debbie		Silver Sneakers-Debbie				
<b>5:00PM</b>	Power Up-Sharon			Barbell Intervals-Sharon			
<b>5:30PM</b>	Lower Body-Gabee	Spin/Upper Body-Gabee	Full Body Weight Training-Gabee				
<b>5:45PM</b>	Matrix Ride Express-Sharon			Matrix Ride Express-Sharon	6pm, Zumba-Jessica		
<b>6:30PM</b>		Vinyasa Yoga-Mariann		Vinyasa Yoga-Mariann			
<b>7:15PM</b>	Zumba-Jessica		Zumba-Jessica				

Outdoors
  Pool
  Group X

**No classes 1:00-5:00PM**