



May Fitness Schedule

PLEASE NOTE- Pilates Reformer Classes require preregistration

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6 am – 6:50 am *Cycle Fusion – Thomas - Studio iii 7 am – 7:50 am *Mat Pilates - Martha 8:30 am – 9:20 am *Pilates with Reformer – Cou -Pilates Studio 8:30 am – 9:20 am Balance - Lana 8:30 am – 9:20 am Aqua Zumba- Atsuko 8:30 am – 9:20 am *Tabata - Tia 9:30 am – 10:20 am Water Aerobics – Tia 9:30 am – 10:20 am Strength – Lana 10:30 am - 11:20 am Zumba - Atsuko 5:30 pm – 6:20 pm Yin Yoga – Evi - Studio 3 *5:30 pm – 6:20 pm Pilates with Reformer – Cou Pilates Studio	2 6 am – 6:50 am *Cycle – Thomas - Studio iii 7:00 am – 7:50 am *Gentle Yoga – Kim 8:30 am – 9:20 am *Strength & Conditioning – Tia 8:30 am – 9:20 am Aqua Zumba - Atsuko 9:30 am – 10:20 am Muscle Sculpt - Tia 10:30 am - 11:20 am Gentle Stretch - Christine	3 8:30 am – 9:20 am Cycle-Dina Studio III 8:30 am – 9:20 am- Water Aerobics- Tia 9:30 am – 10:20 am Muscle Sculpt – Tia

*Member Only Class



4	5	6	7	8	9	10
	6 am – 6:50 am *Cycle – Thomas - Studio iii Thomas 7 am – 7:50 am *Golf Yoga – Sharon 8:30 am – 9:20 am Aqua Zumba- Atsukp 8:30 am – 9:20 am Spin & Strength – Dina Studio iii 8:30 am-9:20- Strength and Conditioning- Tia 9:30 am – 10:20 am Muscle Sculpt – Heather 10:30-11:20 Mat Pilates Martha-Studio 2 12:00- 12:45-Yoga with Weights- Meghan 5:00-5:50 Tai Chi- Alana 6:30 pm - 7:20 pm Bollywood Dance - Minoo	6 am – 6:50 am *Cycle Fusion – Thomas – Studio iii 7 am – 7:50 am Hatha Yoga - Kim 8:30 am – 9:20 am *HIIT – Tia *8:30-9:20 Pilates with Reformer – Shannon Pilates Studio 8:30 am – 9:20 am Water Aerobics - Lana 9:30 am – 10:20 am *Rhythmic Step – Lana 10:30 am - 11:20 am Hatha Yoga - Evi *5:30 pm – 6:20 pm Pilates with Reformer Intermediate- Martha Pilates Studio *6:30-7:20 Pilates with Reformer Intermediate- Martha Pilates Studio	6 am – 6:50 am *Cycle – Thomas – Studio iii 7 am – 7:50 am *Longevity Yoga - Sharon 8:30 am – 9:20 am Water Aerobics – Tia 8:30 am – 9:20 am Spin and Strength- Dina 8:30-9:20 *Pilates with Reformer Cou - Pilates Studio 8:30-9:20- Strength and Conditioning- Meghan 9:30 am – 10:20am Core - Tia 10:30 am – 11:20 am *Gentle Stretch- Tia 5:00 pm – 5:50 pm Muscle Sculpt- Heather	6 am – 6:50 am *Cycle Fusion – Thomas – Studio iii 7 am – 7:50 am *Mat Pilates - Martha 8:30 am – 9:20 am *Pilates with Reformer – Cou -Pilates Studio 8:30 am – 9:20 am Balance – Lana 8:30 am – 9:20 am Aqua Zumba- Atsuko 8:30 am – 9:20 am *Tabata - Tia 9:30 am – 10:20 am Strength – Lana 9:30-10:20- Water Aerobics- Tia 10:30-11:20 Zumba -Theresia 5:30 pm – 6:20 pm Yin Yoga – Evi - Studio iii *5:30-6:20 pm Pilates with Reformer – Martha Pilates studio	6 am – 6:50am *Cycle – Thomas – Studio iii 7:00 am – 7:50 am *Gentle Yoga - Kim 8:30 am – 9:20 am *Strength & Conditioning - Tia 8:30 am – 9:20 am Water Aerobics - Heather 9:30 am – 10:20 am Muscle Sculpt – Heather 10:30 am - 11:20 am Gentle Stretch - Kim	8:30-9:20 Cycle- Carlo Studio III 8:30-9:20- Water Aerobics- Heather 9:30-10:20- Muscle Sculpt -Heather

*Member Only Class



11	12	13	14	15	16	17
	6 am – 6:50 am *Cycle – Thomas – Studio iii 7 am – 7:50 am *Golf Yoga - Sharon 8:30 am – 9:20 am Aqua Zumba- Atsuko 8:30-9:20- Strength and Conditioning- Tia 8:30 am – 9:20 am Spin and Strength- Dina 9:30 am – 10:20 am Muscle Sculpt – Heather 10:30-11:20- Mat Pilates Studio 2 Martha 12:00-12:45 Yoga with Weights – Meghan Tai Chi- 5:00-5:50- Alana 6:30 pm - 7:20 pm Bollywood Dance - cancelled	6 am – 6:50 am *Cycle Fusion – Thomas – Studio iii 7 am – 7:50 am Longevity Yoga - Kim 8:30 am – 9:20 am *HIIT – Tia *8:30-9:20 Pilates with Reformer – Cou Pilates Studio 8:30 am – 9:20 am Water Aerobics - Lana 9:30 am – 10:20 am *Rhythmic Step – Lana 10:30 am - 11:20 am Hatha Yoga - Evi 5:30 pm – 6:20 pm Pilates with Reformer Intermediate- Martha Pilates Studio 6:30-7:20* Pilates with Reformer- Intermediate- Martha Pilates Studio	6 am – 6:50 am *Cycle – Thomas – Studio iii 7 am – 7:50 am *Longevity Yoga - Sharon 8:30 am – 9:20 am Water Aerobics – Tia 8:30 am – 9:20 am Spin and Strength- Dina 8:30-9:20 *Pilates with Reformer Cou- Pilates Studio 8:30-9:20- Strength and Conditioning- Meghan 9:30 am – 10:20am Core – Tia 10:30 am – 11:20 am *Gentle Stretch- Christine 5:00 pm – 5:50 pm Muscle Sculpt- Heather	6 am – 6:50 am *Cycle Fusion – Thomas – Studio iii 7 am – 7:50 am *Mat Pilates - Martha 8:30 am – 9:20 am *Pilates with Reformer – Cou – Pilates Studio 8:30 am – 9:20 am Balance – Lana 8:30 am – 9:20 am Aqua Zumba- Atsuko 8:30 am – 9:20 am *Tabata - Tia 9:30 am – 10:20 am Strength – Lana 9:30-10:20- Water Aerobics- Tia 10:30-11:20 Zumba -Atsuko 5:30 pm – 6:20 pm Yin Yoga – Evi - Studio iii *5:30-6:20 pm Pilates with Reformer – Cou Pilates Studio	6 am – 6:50am *Cycle – Thomas – Studio iii 7:00 am – 7:50 am *Gentle Yoga - Betty 8:30 am – 9:20 am *Strength & Conditioning - Tia 8:30 am – 9:20 am Water Aerobics - Heather 9:30 am – 10:20 am Muscle Sculpt – Heather 10:30 am - 11:20 am Gentle Stretch - Christine	8:30 am – 9:20 am Cycle -Carlo 8:30 am – 9:20 am Water aerobics Heather 9:30 am – 10:20 am Muscle Sculpt – Heather

*Member Only Class



18	19	20	21	22	23	24
	6 am – 6:50 am *Cycle – Thomas - Studio iii 7 am – 7:50 am *Golf Yoga – Sharon 8:30 am – 9:20 am Aqua Zumba - Heather 8:30-9:20 Spin and Strength -Dina 8:30 am – 9:20 am Strength Studio 2-Tia 9:30 am – 10:20 am Muscle Sculpt – Heather 10:30-11:20- Mat Pilates Martha- Studio 2 12:00- 12:45-Yoga with Weights- Meghan 5:00-5:50 Tai Chi- Alana 6:30 pm - 7:20 pm Bollywood Dance - Minoo	6 am – 6:50 am *Cycle Fusion – Thomas - Studio iii 7 am – 7:50 am Hatha Yoga - Kim 8:30 am – 9:20 am *HIIT – Tia *8:30-9:20 Pilates with Reformer- Cou- Pilates Studio 8:30 am – 9:20 am Water Aerobics - Lana 9:30 am – 10:20 am *Rhythmic Step – Lana 10:30 am - 11:20 am Yoga - Evi 5:30 pm - 6:20 *5:30-6:20 Pilates with Reformer Intermediate- Martha- Pilates Studio *6:30-7:20Pilates with Reformer – Intermediate level- Martha – Pilates studio	6 am – 6:50 am *Cycle – Thomas – Studio iii 7 am – 7:50 am *Longevity Yoga - Sharon 8:30 am – 9:20 am Water Aerobics – Tia 8:30 am – 9:20 Spin and Strength –Studio 3- Dina 8:30-9:20 *Pilates with Reformer Cou- Pilates Studio 8:30-9:20- Strength and Conditioning- Meghan 9:30 am – 10:20am Core - Tia 10:30 am – 11:20 am *Gentle Stretch- Tia 5:00 pm – 5:50 pm Muscle Sculpt- Heather	6 am – 6:50 am *Cycle Fusion – Thomas - Studio iii 7 am – 7:50 am *Mat Pilates - Martha 8:30 am – 9:20 am *Pilates with Reformer – Cou- Pilates studio 8:30 am – 9:20 am Balance - Lana 8:30 am – 9:20 am Aqua Zumba- Atsuko 8:30 am – 9:20 am *Tabata - Tia 9:30 am – 10:20 am Water Aerobics – Tia 9:30 am – 10:20 am Strength – Lana 10:30 am - 11:20 am Zumba - Theresia 5:30 pm – 6:20 pm Yin Yoga – Evi - Studio iii *5:30-6:20pm - Pilates with Reformer –Cou Pilates studio	6 am – 6:50 am *Cycle – Thomas - Studio iii 7:00 am – 7:50 am *Gentle Yoga - Dawn 8:30 am – 9:20 am *Strength & Conditioning - Tia 8:30 am – 9:20 am Water Aerobics –Heather 9:30 am – 10:20 am Muscle Sculpt – Heather 10:30 am - 11:20 am Gentle Stretch -Heather	8:30 am – 9:20 am Cycle – Carlo- Studio III 8:30 am – 9:20 Water Aerobics- Heather 9:30 am – 10:20 am Muscle Sculpt – Heather

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	26 6 am – 6:50 am *Cycle – Thomas - Studio iii 7 am – 7:50 am *Golf Yoga - Sharon 8:30 am – 9:20 am Aqua Zumba- Atsuko 8:30 am – 9:20 am Spin and Strength – Dina Studio III 8:30-9:20- Strength and Conditioning- Tia 9:30 am – 10:20 am Muscle Sculpt – Heather 10:30-11:20 Mat Pilates- Studio 2 Martha 12:00-12:45- Yoga with Weights -Meghan 5:00-5:50 Tai Chi- Alana 6:30 pm - 7:20 pm Bollywood Dance - Minoo	27 6 am – 6:50 am *Cycle Fusion – Thomas - Studio iii 7 am – 7:50 am Hatha Yoga - Kim 8:30 am – 9:20 am *HIIT – TIA 8:30 am – 9:20 am Water Aerobics – Lana *8:30-9:20 Pilates with Reformer- Cou Pilates Studio 9:30 am – 10:20 am *Rhythmic Step – Lana 10:30 am - 11:20 am Hatha Yoga - Evi 5:30-6:20- Pilates with Reformer- Intermediate level- Martha 6:30-7:20 Pilates with Reformer Intermediate Martha-Pil Studio	28 6 am – 6:50 am *Cycle – Thomas – Studio iii 7 am – 7:50 am *Longevity Yoga - Sharon Sharon 8:30 am – 9:20 am Water Aerobics – Tia 8:30 am – 9:20 am Spin and Strength –Dina 8:30-9:20 *Pilates with Reformer Martha Pilates Studio 8:30-9:20- Strength and Conditioning- Meghan 9:30 am – 10:20am Core - Tia 10:30 am – 11:20 am *Gentle Stretch- Betty 5:00 pm – 5:50 pm Muscle Sculpt- Heather	29 6 am – 6:50 am *Cycle Fusion – Thomas - Studio iii 7 am – 7:50 am *Mat Pilates - Martha 8:30 am – 9:20 am *Pilates with Reformer – Cou -Pilates Studio 8:30 am – 9:20 am Balance - Lana 8:30 am – 9:20 am Aqua Zumba- Atsuko 8:30 am – 9:20 am *Tabata - Meghan 9:30 am – 10:20 am Water Aerobics – Heather 9:30 am – 10:20 am Strength – Lana 10:30 am - 11:20 am Zumba - Atsuko 5:30 pm – 6:20 pm Yin Yoga – Evi - Studio 3 *5:30 pm – 6:20 pm Pilates with Reformer – CANCELLED Pilates Studio	30 6 am – 6:50 am *Cycle – Thomas - Studio iii 7:00 am – 7:50 am *Gentle Yoga - Kim 8:30 am – 9:20 am *Strength & Conditioning – Meghan 8:30 am – 9:20 am Water Aerobics - Heather 9:30 am – 10:20 am Muscle Sculpt - Heather 10:30 am - 11:20 am Gentle Stretch - Kim	31 8:30 am – 9:20 am Cycle-Carlo Studio III 8:30 am – 9:20 am- Water Aerobics- Heather 9:30 am – 10:20 am Muscle Sculpt – Heather
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