



May Group Fitness Schedule

4/27/2025-5/31/2025

Class Key:	Low Intensity	Low-Medium Intensity	Medium Intensity		Med-High Intensity	High Intensity
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m.	CrossFit	CrossFit	CrossFit	CrossFit		
8:00 a.m.	RIDE Cycling Studio Jacki		RIDE Cycling Studio Jacki			
8:45 a.m.				Yoga Cycling Studio Luisa		
9:00 a.m.	FITnWELL R.E.P.S. Studio 1 Sherry		FITnWELL R.E.P.S. Studio 1 Sherry		FITnWELL R.E.P.S. Studio 1 Sherry	
9:30 a.m.	Yoga "30" Studio 1 Jacki		Yoga "30" Studio 1 Jacki			
			Spin Cycling Studio Renea			
12:00 p.m.		Yoga Cycling Studio Luisa	Boot Camp The Sweat Zone Shirley		Pilates Mat Cycling Studio Amy	
		Pop Fan Fitness Studio 1 Krystal	"Steppin' It" Studio 1 Colleen	Dance Hall Fitness Studio 1 Krystal		
	Boot Camp The Sweat Zone Shirley	Total Body Sculpt The Sweat Zone Alexis		Total Body Sculpt The Sweat Zone Alexis	TBS The Sweat Zone Shirley	
	CrossFit	CrossFit	CrossFit	CrossFit		
4:30 p.m.	Spin Cycling Studio Renea					
5:15p.m.	CrossFit	CrossFit	CrossFit	CrossFit		
5:30p.m.	YOGALATES Cycling Studio Renea	Zumba Studio 1 Krystal		Pop Fan Fitness Cycling Studio Krystal		
	Steppin' It Studio 1 Colleen No class on the 1st Monday of each month	Raise the Bar Studio 1 Adrienne	Crunch & Burn Cycling Studio Krystal	Raise the Bar Studio 1 Adrienne		
	TBS The Sweat Zone Nic	TBS The Sweat Zone Coleman	TBS The Sweat Zone Nic	TBS The Sweat Zone Nic		