

Group Fitness

May
2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Classes/Instructors
6:00 a.m. :50 mins	Spin Donald Rng		Spin Donald Rng				Cycling Don Ring
7:00 a.m. :55 mins		Water Aerobics Martha		Water Aerobics Martha			Water Aerobics Bonnie Morgan
8:00 a.m. :55 mins	Water Aerobics Bonnie	Cardio Express Barb	Water Aerobics Bonnie	Cardio Express Barb	Water Aerobics Bonnie		James Cartwright Uvon Perkins
8:30 a.m. :55 mins						Detox (track) Miranda	Martha Williams
8:30 a.m. :55 mins	Step & Sculpt Karen	Strength/Flexibility Barb	Step & Sclupt Barb	Strength/Flexibility Barb		Step & Sclupt Barb	Step & Sclupt Karen Hildreth Barb Towe
9:00 a.m. 55 mins					Lift and Move Carla		Cardio Jam Carla Gwaltney
9:35 a.m. :55 mins	Cardio Jam Carla			Cardio Jam Carla		Yoga Karen	Zumba Grace Absher
10:00 a.m. 55 mins		Yoga Karen					
11:00 a.m. 55 mins		Water Aerobics Ann		Water Aerobics Ann			-
1:30 p.m. 55 mins		Silver Sneakers crystal/shannon			Silver Sneakers crystal/shannon		Yoga Karen and Rane
4:30 p.m. :55 mins	ZUMBA Grace	Barbell & Abs Karen	Cross Train Melissa	Barbell & Abs Karen	ZUMBA Grace		Strength/Flexibility Barb Towe
5:00 p.m. :55 mins		Theraquatics Uvon		Theraquatics Uvon			Silver Sneakers David Burch/Crystal
5:30 p.m. :55 mins	Yoga Karen	Lift and Move Carla	Yoga Ranee				Cross Train Melissa Turner
5:30 p.m. :55 mins				Circuit Training Melissa			R.I.P.P.E.D R.I.P.P.E.D
6:30 p.m. :55 mins		ZUMBA Miranda		R.I.P.P.E.D Melissa			Melissa Turner

