

MAY GROUP EXERCISE SCHEDULE: DRY LAND

☐ Toning
 ☐ Yoga
 ☐ Strength
 ☐ Cardio

Class times and location are subject to change.



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00A-10:00A GX Studio/Courts	Essentrics Kimberly North Court	Power Flex Jan	Barre/Pilates Kimberly	Core Pole Jan		
9:30A-10:30A GX Studio/ Upstairs						ZUMBA Keeley
10:30A-11:30A GX Studio				Rebalancing Essentrics Lynn		
12:00P-1:00P GX Studio	Beginner & Chair Yoga Sage		Beginner & Chair Yoga Sage		Beginner & Chair Yoga Sage	
5:30P-6:30P GX Studio	STRONG Nation Keeley	Kickboxing Keeley			ZUMBA Melody	
5:30P- 6:30P Upstairs	Weight Lifting 101 Virginia		Weight Lifting 202 Virginia		Met Con Virginia	
6:30P- 7:30P GX Studio		ZUMBA Betty		ZUMBA Betty		
6:45P-7:30P GX Studio	Restorative Essentrics Mary Ellen					