

MAY



2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Body WorX:</i> Class designed for anyone wanting to "take it up a notch" Targets Total Body.</p>	<p><i>Spin:</i> High Energy, Calorie Burning workout performed on Spin Bikes.</p>	<p><i>Pilates:</i> Targets core strength and flexibility.</p>	<p><i>Yoga:</i> Invigorating class for mind and body.</p>	<p><i>Zumba:</i> Easy to follow, calorie burning dance fitness party — A must try!!</p>	<p><i>Spin Plus (+):</i> High Energy Spin Class mixed with total body workout on and off the bike</p>	<p>.HOURS: Monday—Friday 5:00AM—9:00PM Saturday/Sunday 7:00am—3:00pm</p>
29	30 10:30am Yoga w/ Kathy 5:30pm Body WorX 6:30pm Spin w/Mercy	1 9:00am Spin w/Janet 5:30pm Zumba w/ Katie 6:30pm Spin + w/ Fern	2 9:00am Spin w/ Mercy 5:30pm Body WorX	3 9:00 am Pilates 6:30pm Spin + w/ Fern	4 5:30pm Pre-happy hour Spin Class	5 9:00am Spin Plus w/ Fern
6	7 10:30am Yoga 5:30pm Body WorX 6:30pm Spin w/Janet	8 9:00am Spin w/ Janet 5:30pm Zumba w/ Katie 6:30pm Spin + w/ Fern	9 9:00am Spin w/Mercy 10:30am Power Yoga 5:30pm Body WorX	10 9:00am Pilates 5:30pm Yoga 6:30pm Spin+ w/ Fern	11 5:30pm Pre-happy hour Spin Class	12 9:00am Spin Plus w/ Fern
13 HAPPY MOTHERS' DAY!!	14 10:30am Yoga 5:30pm Body WorX 6:30pm Spin w/ Mercy	15 9:00am Spin w/ Janet 10:30am Yoga 5:30pm Zumba w/ Katie 6:30pm Spin + w/ Fern	16 9:00am Spin w/ Mercy 10:30am Power Yoga 5:30pm Body WorX	17 9:00am Pilates 5:30pm Yoga 6:30pm Spin + w/ Fern	18 5:30pm Pre-happy hour Spin Class	19 9:00am Spin Plus w/ Fern
20	21 10:30am Yoga 5:30pm Body WorX 6:30pm Spin w/ Mercy	22 9:00am Spin w/ Janet 10:30am Yoga 5:30pm Zumba w/ Katie 6:30pm Spin + w/ Fern	23 9:00am Spin w/ Mercy 10:30am Power Yoga 5:30pm Body WorX	24 9:00am Pilates 5:30pm Yoga 6:30pm Spin + w/ Fern	25 5:30pm Pre-happy hour Spin Class	26 9:00am Spin Plus w/ Fern
27	28 MEMORIAL DAY GYM HOURS 7-3	29 9:00am Spin w/ Janet 10:30am Yoga 5:30pm Zumba w/ Katie 6:30pm Spin + w/ Fern	30 9:00am Spin w/ Janet 10:30am Power Yoga 5:30pm Body WorX	31 9:00am Pilates 5:30pm Yoga 6:30pm Spin + w/ Fern		