


Group Training @ The Club May 30, 2022 - June 05, 2022

WORKOUT ALLEY						
MEMORIAL DAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:30am CYCLE KIM						
STUDIO A						
MEMORIAL DAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00-7:00am CYCLE KIM					
	8:15-9:00am ONE MORE REP TIFFANY		8:00-9:00am STEP ANN	8:00-9:00am CARDIO & STRENGTH C.R.	8:00-9:00am CYCLE KIM	8:30-9:30am CYCLE TIFFANY
9:00-10:00am CARDIO & STRENGTH C.R.	9:30-10:30am Cardio, Core, & Strength LINDA U	9:15-10:15am CYCLE CIRCUIT TIFFANY	9:05-10:05am BODY Conditioning ANN	9:15-10:15am CYCLE AMY	9:30-10:30am ZUMBA KRISTEN	
		10:30-11:30am ACTIVE AGING SUZANNE			11:00am-12:00pm HATHA YOGA ANN	
	5:45-6:30pm CYCLING LEXI					
	6:45-7:30pm TOTAL BODY STRENGTH ★ LEXI ★	6:45-7:15pm BEST OF Both Worlds BO	6:15-7:15pm STRENGTH & SCULPT KIM & JEFF			
BOXING ROOM						
BOOTCAMP ROOM						
PICKLEBALL (PB) COURT						
MEMORIAL DAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ON THIS MEMORIAL DAY		***Gloves required for all boxing classes***				
 LET'S REMEMBER THOSE WHO MADE THE ULTIMATE SACRIFICE	6:45-7:30am ULTIMATE Bootcamp KEVIN	6:00-7:00am BEST OF Both Worlds BO	6:15-7:00am JIMI V's Bootcamp JIMI	6:15-7:00am BATTLE BOXING BO		
		9:30-10:30am TOTAL Training Bootcamp LINDA U			8:00-9:00am TOTAL Training Bootcamp LINDA U	
	7:15-8:00pm JIMI V's Bootcamp JIMI	7:15-7:45pm BEST OF Both Worlds BO	6:30-7:30pm PB Court TOTAL Training Bootcamp LINDA U			
YOGA STUDIO						
MEMORIAL DAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ZOOM ONLY	ZOOM ONLY	ZOOM ONLY	ZOOM ONLY			
10:00-11:15am SLOW FLOW YOGA SUZY	10:00-11:00am YOGA THERAPEUTICS SUZY	10:00-11:00am ASHTANGA YOGA SUZY	10:00-11:00am YOGALATES SUZY	9:00-10:00am GENTLE YOGA CHARLES	11:00am-12:00pm HATHA YOGA ANN in Studio A	10:15-11:30am VINYASA SHERI
		6:45pm-8:00pm VINYASA YOGA ANN		ZOOM ONLY		
				10:30-11:45AM STRONG FLOW YOGA SUZY		
POOL/POOL DECK						
MEMORIAL DAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-10:00am AQUA FITNESS DIANE		8:30-9:30am AQUA FITNESS C.R.		9:00-10:00am AQUA FITNESS C.R.		9:00-10:00am AQUA FITNESS C.R.