

MAY

☼ = Specialty Class | ◇ = New Class

Club One Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00am FIT & SPIN Damaris 9am HIIT Elise 10:00am - Yoga Elli	2 6:00am - HIIT Mike L 7:30am - Power Barre Jonathan 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Damaris	3 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone & Strength Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Elise 6:00pm - Pump Missy 6:00pm - Bike & Abs Damaris	4 6:00am - Bootcamp Mike 7:30am - Power Barre ☼ Jonathan 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 5:00pm - CORE & RESTORE Christine 6:00pm - HIIT TRX & Core Kelly	5 6:00am - S,C,F with TRX Mike L(45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am - Spin Kelli 10:30am - Barre & Balance Christine (30min) 10:30am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 6:00pm - Fit & Spin Elise 6pm PUMP Damaris	6 6:00am - SPIN & BOOTCAMP Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	7 8:00am - Bootcamp Christine 8:00am - Barre/Sculpt Kelly (Upstairs) 9:00am - Spin Missy 9:00am - Iron Pump Plus Elise 10:15am - Dance Fitness Damaris
8 9:00am FIT & SPIN Kathy 9am HIIT Elise 10:00am - Yoga Lisa	9 6:00am - HIIT Mike L 7:30am - Power Barre Jonathan 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Lori	10 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone & Strength Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Elise 6:00pm - Pump Missy 6:00pm - Bike & Abs Mark	11 6:00am - Bootcamp "T" 7:30am - Power Barre ☼ Jonathan 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Kathy 5:00pm - CORE & RESTORE Christine 6:00pm - HIIT TRX & Core Kelly	12 6:00am - S,C,F with TRX Mike (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am - Spin Jen 10:30am - Barre & Balance Christine (30min) 10:30am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 6:00pm - Fit & Spin Damaris 6pm PUMP Mike L	13 6:00am - SPIN & BOOTCAMP Damaris 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	14 8:00am - Bootcamp Mike 8:00am - Barre/Sculpt Lori (Upstairs) 9:00am - Spin Damaris 9:00am - Iron Pump Plus Elise 10:15am - Dance Fitness Damaris
15 9:00am - FIT & SPIN Damaris 9am HIIT Jen 10:00am - Yoga Elli	16 6:00am - HIIT Mike 7:30am - Power Barre ☼ Jonathan 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mark	17 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone & Strength Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Elise 6:00pm - Pump Missy 6:00pm Bike & Abs Damaris	18 6:00am - Bootcamp "T" 7:30am - Power Barre ☼ Jonathan 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 5:00pm - CORE & RESTORE Christine 6:00pm - HIIT TRX & Core Kelly	19 6:00am - S,C,F with TRX Mike (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am - Spin Kelli 10:30am - Barre & Balance Christine (30min) 10:30am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 6:00pm - Fit & Spin Elise 6pm PUMP Damaris	20 6:00am - SPIN & BOOTCAMP Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - BIKE, BUBBLES & BEER Christine	21 8:00am - Bootcamp Christine 8:00am - Barre/Sculpt Kelly(Upstairs) 9:00am - Spin Kathy 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris
22 9:00am - FIT & SPIN Mark 9am HIIT Elise 10:00am - Yoga Lisa	23 6:00am HIIT Mike L 7:30am - Power Barre ☼ Jonathan 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Kelli 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Jen 6:00pm - Fit & Spin Lori	24 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone & Strength Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Elise 6:00pm - Pump Elise 6:00pm Bike & Abs Mark	25 6:00am - Bootcamp "T" 7:30am - Power Barre ☼ Jonathan 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Kathy 5:00pm - CORE & RESTORE Christine 6:00pm - HIIT TRX & Core Kelly	26 6:00am - S,C,F with TRX Mike (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am - Spin Jen 10:30am - Barre & Balance Christine (30min) 10:30am - Iron Pump Jen (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Fit & Spin Mike L 6pm PUMP Damaris	27 6:00am - SPIN & BOOTCAMP Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	28 8:00am - Bootcamp Jen 8:00am - Barre/Sculpt Kelly (Upstairs) 9:00am - Spin Kathy 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris
29 9:00am - FIT & SPIN Mike L 9am HIIT Kathy 10:00am - Yoga Lisa	30 MEMORIAL DAY CLUB HOURS 7AM-NOON	31 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone & Strength Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Elise 6:00pm - Pump Missy 6:00pm Bike & Abs Damaris				