



2019 MAY COMPLEX FITNESS

Day	Class	Time	Instructor	Room
Monday	Adrenaline	8:00 - 9:00 am	Penny	Aerobics Studio
	Deep Water Class	8:15 - 9:00 am	Julie H.	Pool
	Water Aerobics	9:00 - 10:00 am	Jennie	Pool
	Yoga	9:00 - 10:00 am	Suzanne	Springs Room
	ZUMBA	10:30 - 11:30am	Jennie	Springs Room
	Barre	10:00 - 11:00 am	Julie Z.	Aerobics Studio
	Lift and Lose	11:30 am -12:30 pm	Ronnee	Weight Room
	Yoga	4:05 - 5:00 pm	Ronnee	Aerobics Studio
	ZUMBA	6:00 - 7:00 pm	Sam	Aerobics Studio
	Gentle Yoga	7:00 - 8:15 pm	Lidia	Aerobics Studio
Tuesday	Water Aerobics	9:00 - 10:00 am	Courtney	Pool
	Muscle Fatigue	9:00 - 10:00 am	Penny	Aerobics Studio
	Bare Your Sole	10:00 - 10:30 am	Tammy	Training Room
	Stretch & Strength	10:35 - 11:05 am	Tammy	Aerobics Studio
	Restoring Stretching	4:05 - 5:05pm	Ronnee	Aerobics Studio
	Water Aerobics	6:00 - 7:00 pm	Dana	Pool
	Deep Water Class	7:00 - 7:30 pm	Dana	Pool
Wednesday	Yin Yoga	8:00 - 9:15 am	Sandy	Springs Room
	Deep Water Class	8:15 - 9:00 am	Deb	Pool
	Water Aerobics	9:00 - 10:00 am	Jennie	Pool
	Pilates*	9:00 - 10:00 am	Ronda	Aerobics Studio
	Flexible Stretch*	10:00 - 11:00 am	Arlene	Aerobics Studio
	Tai Chi*	11:00 am - 12:00 pm	Lisa	Aerobics Studio
	Cardio Funk	4:05 - 5:05 pm	Courtney	Aerobics Studio
	Yoga	7:00 - 8:15 pm	Lidia	Aerobics Studio
Thursday	Upper Body Mix	8:00 - 8:30 am	Penny	Aerobics Studio
	Cardio Pilates Fusion	8:30 - 9:00 am	Penny	Aerobics Studio
	Water Aerobics	9:00 - 10:00 am	Courtney	Pool
	Basic Barre	9:30 - 10:20 am	Shannon	Aerobics Studio
	Line Dancing	9:30 - 11:00 am	Ozzi	Ceramic Room
	Stretch & Strength	10:30 - 11:00 am	Shannon	Aerobics Studio
	Water Aerobics	6:00 - 7:00 pm	Dana	Pool
	Deep Water Class	7:00 - 7:30 pm	Dana	Pool
Friday	Cardio Circuit	8:00 - 9:00 am	Penny	Aerobics Studio
	YoPi	9:00 - 10:00 am	Ronda	Springs Room
	Deep Water Class	8:15 - 9:00 am	Julie H.	Pool
	Yoga	9:00 - 10:00 am	Lidia	Aerobics Studio
	Water Aerobics	9:00 - 10:00 am	Shannon	Pool
	ZUMBA	10:15 - 11:15 am	Sam	Aerobics Studio
Saturday	Yoga	8:30 - 9:45 am	Lidia	Aerobics Studio

Searching for new instructors for future ZUMBA and Cycle Classes.

***Classes will move to Training Room on May 22; Preschool Graduation using Aerobic Studio.**

Aerobics Studio	Monday	Tuesday	Wednesday	Thursday	Friday	
	8:00- 9:00 am	Power Sport w/ Frances	Lean Legs 8- 8: 30 w/ Holly : Double Step 8: 30-9 am w/ Frances			
	9:00- 10:00	Yoga w/ Cindy	Metabolic Effects W/Penny			
	10:00am-12:00pm	Lite Aerobics w/Penny 10: 15-11:15am	Spin w/ Jim 11:15-12			

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00- 9:00 am	Power Sport w/ Frances: Aerobics Studio	Lean Legs 8- 8: w/ Holly : Double Step 8: 30-9 am w/ Frances Aerobics Studio			
9:00- 10:00	*Yoga w/ Cindy: s Studio * Aqua Aerobics w/ athleen : Pool * Interval Training w/ Denise O: Training Room 9: 15-10:15am	Metabolic Effects W/Penny: obics Studio Aqua Aerobics w/ Denise: Pool			
10:00am-12:00pm	Lite Aerobics w/Penny 10:15- 11:15am	Stretch and Strength w/ Tammy 10:30- 11am Spin w/ Jim 11:15-12			