

# MAY 2025

## FITNESS CLASSES

Members can sign in to fitness classes 1 hour prior to the start to ensure their spot.



### RANCH STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM	Kickboxing MAUREEN	IGNITE MAUREEN	Tabata Fusion MAUREEN	Cross Camp SUE	Step Aerobics <i>NEW!</i> LORI	HIIT X MAUREEN	
8:30 AM							Yoga Flow ROTATION
9:00 AM	Muscle Mix DEBBIE	G.R.I.T. JONATHAN	Muscle Mix SUE	BEAT JESSICA	Muscle Mix KITTI	Cardio* ROTATION	
10:00 AM	Zumba® AMY	Muscle Mix KITTI	Zumba® Toning AMY	Power Pump JONATHAN	Zumba® AMY	Yoga Flow* ROTATION	
11:00 AM	Yoga Flow JOE F.	Hatha Yoga MELANIE	Yoga Flow MELANIE	Pilates Fusion MAUREEN	Gentle Yoga MELANIE		
1:00 PM	Punch out PD PD COACHES				United Against Parkinson's <i>NEW!</i> PD COACHES	Pilates Fusion MAUREEN	
3:00 PM		Pilates Fusion MAUREEN					
5:30 PM	GRIT JONATHAN		Power Pump JONATHAN				
6:00 PM				Yoga Flow FRED			

### SPIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM	Cycle JOE	Cycle DEBBIE	Cycle SCOTT	Spin & TONE LORI M.	Cycle SCOTT		
9:00 AM					Yoga Stretch FRED	Cycle* ROTATION	
11:00 AM				Tai Chi/QiGong ART			
5:00 PM				Spin & Tone MAUREEN			

### POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM						H2O FIT BARB	
10:00 AM	Aqua Sculpt & Tone SUE	H2O FIT BARB	H2O FIT BARB	H2O HIIT SUE	H2O FIT BARB	H2O FIT BARB	
11:15 AM		Neuro Aqua Challenge SUE					

### TRX® STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM	TRX® Turbo SUE				Super Circuits BOB		
9:00 AM	TRX® Healthy Joints SUE		TRX® Turbo MAUREEN		TRX® Healthy Joints BOB		
10:00 AM					TRX® Turbo NATHAN		
5:00 PM	HIIT X JONATHAN		HIIT X JONATHAN				
6:00 PM							

### \*SATURDAY ROTATION



**MAY 3, 2025**  
 9 AM > DANCE PARTY  
PENNY  
 9 AM > POWER CYCLE  
MARY  
 10 AM > YOGA FLOW  
MARY

**MAY 10, 2025**  
 9 AM > BOOT CAMP  
MAUREEN  
 9 AM > CYCLE  
SCOTT  
 10 AM > YOGA FLOW  
SCOTT

**MAY 17, 2025**  
 9 AM > DANCE PARTY  
KITTI  
 9 AM > CYCLE  
LORI B.  
 10 AM > GUIDED MEDITATION  
MELANIE

**MAY 24, 2025**  
 9 AM > BOOT CAMP  
MAUREEN  
 9 AM > CYCLE  
LORI M.  
 10 AM > YOGA FLOW  
LORI M.

**MAY 31, 2025**  
 9 AM > DANCE PARTY  
KITTI  
 9 AM > CYCLE  
SCOTT.  
 10 AM > YOGA FLOW  
SCOTT