
















# MAY 2023 - Group Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00am: SILVER SNEAKERS with Millie	5:30am: SPIN with Keith 	9:30am: SPIN with Connie 	5:30am: SPIN with Keith 	9:00am: AQUA - Abs and Legs with Janet 	8:00am: SPIN with Keith 	8:30am: SPIN with Connie 
9:30am: E Z Ride with Connie 	9:15 am: BODY SCULPT with Theresa	10:00am: AQUA with Mary 	9:00am: BODY SCULPT with Theresa	9:15am: PILATES MAT with Stephanie	9:00am: HATHA YOGA with Latoya	10:00am: ZUMBA with Tashi
10:00am: ZUMBA with Ruby	10:00am: AQUA with Janet 	10:00am: TRADITIONAL YOGA with Jayati	10:00am: Guts & Butts with Theresa-30min		9:00am: AQUA with Desiree 	
10:00am: AQUA with Mary 	10:15am: YOGA STRETCH with Theresa - 30 min	6:00pm: AQUA with Desiree 	10:30am: Dance Fitness w/Millie	10:15am: BARRE FIT with Theresa (45 mins)	10:00am: KICKBOXING w/Omar	
11:00am: YOGA STRETCH with Sue	11:00am: SENIOR FIT with Sue	6:30pm: YOGA (all levels) with Terry	11:00am: AQUA with Janet 		11:00am: ZUMBA with Cathy	
5:30pm: GET RIPPED HIIT with Trainer Alex	5:25pm: 30-Min Abs w/Connie		11:30am: GET FIT LITE with Terry			
6:30pm: Express FIT (30 min) with Trainer Alex			12:30pm: Chair Yoga with Terry			
	6:00pm: SPIN with Connie 		5:30pm: SPIN with Connie 			
			5:30pm: Hurricane Bootcamp with Trainer Alex			
	6:30pm: ZUMBA with Cathy		6:30pm: STATION NATION with Alex (30 min temporary class)			



Please check the website for the latest class updates.  
Schedule subject to change!!

[www.xlfitness.org/classes](http://www.xlfitness.org/classes)