



**Group Fitness Weekend Schedule May, 2008 (includes June 1<sup>st</sup>)  
UPDATED 5/01**

**May Fitness Thought**

Now is the time to rise to the challenge of keeping your fitness regiment through the summer months. With a number of our weekend classes offering a "Without Walls" format, you have the opportunity to take your training outside to enjoy the great weather.

Perhaps you are already finding yourself having difficulty getting to the club in the evenings due to other activities. Try an early morning class as a way to get your workout "out of the way" so you can enjoy the best of both worlds. Tank top and short season is just around the corner!!

**PLEASE NOTE: FRIDAY 4:30 OFFERINGS IN BOTH STUDIOS ARE NOW LISTED ON THE REGULAR SCHEDULE.**

<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>May 2nd</b> 5:45-6:45 Cycle Circuit (I) <b>w/Anne</b>	<b>May 3rd</b> 8:00-8:45 Zumba (I) <b>w/Shayne</b> 9:00-10:00 Sizzle & Chisel (I) 10:15-10:45 Proper Form - Step (I) <b>w/Julie</b>	<b>May 4th</b> 8:30-9:30 Step & Sculpt (I) <b>w/Tara</b> 9:45-10:45 Fat Burning Pilates (II) <b>w/Julie</b> 11:15-12:30 PM Yoga Flow (II) <b>w/Anne</b>
<b>May 9th</b> 5:45-6:45 Spring Training (I) Optional "Without Walls" <b>w/Jodi</b>	<b>May 10<sup>th</sup> (updated 5/01)</b> 8:00-9:00 Dance for FUN (I) 9:15-10:15 Awesome Intervals (I) Optional "Without Walls" <b>w/Stori</b>	<b>May 11th</b> HAPPY MOTHERS DAY NO CLASSES
<b>May 16th</b> 5:45-6:45 Have A Ball!! (I) <b>w/Julie</b>	<b>May 17<sup>th</sup> (updated 5/01)</b> 8:00-9:30 The <i>Ultimate</i> Workout (I) 9:45-10:45 Belly Dance (I) <b>w/Dani</b> 10:30-12:00 Yoga (II) <b>w/Tammie</b>	<b>May 18th</b> 8:30-9:15 Zumba (I) 9:30-10:30 Total Body Conditioning (I) 10:40-11:00 Middle Management <b>w/Shayne</b> 11:15-12:30 PM Yoga Flow (II) <b>w/Anne</b>
<b>May 23rd</b> 5:45-6:45 Sizzle & Chisel (I) <b>w/Jodi</b>	<b>May 24<sup>th</sup></b> 8:00-9:00 Sizzle & Chisel (I) 9:15-10:15 Cycle Circuit (I) 10:25-11:40 PM Yoga Flow (II) <b>w/Anne</b>	<b>May 25th</b> 8:30-10:00 Dani's Cycle Challenge (I) 10:10-11:00 Muscle Madness (I) <b>w/Dani</b> 11:15-12:30 PM Yoga Flow (II) <b>w/Anne</b>
<b>May 30th</b> 5:45-6:45 Muscle Madness (I) <b>w/Julie</b>	<b>May 31st</b> 8:00-8:45 Zumba (I) 9:00-10:00 Spring Training (I) Optional "Without Walls" <b>w/Shayne</b> 10:15-11:15 Step & Sculpt (I) <b>w/Tara</b>	<b>June 1st</b> 8:30-9:30 Step & Sculpt (I) 9:45-10:45 Fat Burning Pilates (II) <b>w/Julie</b> 11:15-12:30 PM Yoga Flow (II) <b>w/Anne</b>

**ADDITIONAL CLASS DESCRIPTIONS NOTE: (I) & (II) denote the Studio the class is in, not the difficulty level.**

**Awesome Intervals** Cardio and muscle conditioning intervals are combined to give you a cross training format and full body workout.

**Dance for FUN** This low impact, dance based aerobic class is sure to get your heart rate up and give you a fun cardio workout. Finish with muscle conditioning and stretching for a well-rounded workout.

**The *Ultimate* Workout** Doesn't that just say it all?!? This high energy class offers it all; cardio dance, muscle conditioning, and stretching for the total body workout you've been looking for.

**Zumba** Learn some of the basic moves used in the Latin move infused format of Zumba. Definitely worth a try!!