



MAY 2022 Group Fitness Calendar



SUN	MON	TUES	WED	THU	FRI	SAT
1	2 0900 Foam Rolling SN 1145 FFT BJ Fusion 1800 Zumba KM 1C	3 0615 PT Spin MD 1015 Yoga Builds HH 1145 Pump CH 1715 FFT RD fusion	4 0615 FFT SG 0930 Endurance BJ fusion 1145 Cycle CH 1200 Yoga EC 1C 1630 Foam Roll SN 1700 ButtsNGuts BJ fusion 1730 TRX SN 1800 Zumba JM 1C	5 0615 PT Yoga KK 1015 Yoga Burn HH 1145 Pump CH 1645 Pump CH 1700 Spin RD	6 0900 Zumba JM 1C 0930 Spin BJ 1030 *Yoga w/Weights EC	7 0900 FFT RD 1100 Spin Xpress 30 min. RD
8	9 1145 FFT BJ Fusion 1645 Pump CH 1800 Zumba KM 1C	10 0615 PT Spin MD 1015 Yoga Builds HH 1145 Pump CH 1715 FFT RD fusion	11 0930 Endurance BJ fusion 1145 Cycle CH 1200 Yoga EC 1C 1700 ButtsNGuts BJ fusion 1800 Zumba JM 1C	12 0615 PT Yoga KK 1015 Yoga Burn HH 1145 Pump CH 1645 Pump CH 1700 Spin RD 1800 FFT SG	13 0900 Zumba JM 1C 0930 Spin BJ	14 0900 FFT RD 1100 Spin Xpress 30 min. RD Memorial Day 5K 0900
15	16 0900 Foam Rolling SN 1145 FFT BJ Fusion 1645 Pump CH 1800 Zumba KM 1C	17 0615 PT Spin MD 1015 Yoga Builds HH 1145 Pump CH 1715 FFT RD fusion	18 0615 FFT SG Fusion 0930 Endurance BJ fusion 1145 Cycle CH 1200 Yoga EC 1C 1630 Foam Roll SN 1700 ButtsNGuts BJ fusion 1730 TRX SN 1800 Zumba JM 1C	19 1015 Yoga Burn HH 1145 Pump CH 1645 Pump CH 1700 Spin RD 1800 FFT SG	20 0900 Zumba JM 1C 0930 Spin BJ 1000 *TRX Yoga Pop Up SN	21 8th Annual Memorial Day Murph 1000-1200
22	23 0900 Foam Rolling SN 1145 Pump CH 1145 FFT BJ Fusion 1645 Pump CH 1800 Zumba KM 1C	24 0615 PT Spin MD 1015 Yoga Builds HH 1145 Pump CH 1715 FFT RD	25 0930 Endurance BJ fusion 1200 Yoga EC 1C 1630 Foam Roll SN 1700 ButtsNGuts BJ Fusion 1730 TRX SN 1800 Zumba JM 1C	26 1015 Yoga Burn HH 1700 Spin RD	27 Training Holiday 0830-1700	28 0900 FFT RD 1100 Spin Xpress 30 min. RD
29	30 Memorial Day Holiday 0830-1700	31 0615 PT Spin MD 1145 Pump CH			Instructors: EC Emily Coleman JM Jené Moorhouse KM Katie Moortel CH Cymantha Hess SN Sica Nielsen BJ Barbara Jiron	Instructors: MD Maria Diaz RD Rey Drummond SG Steffi Gooding KK Kirsten Kieffer HH Heather Holdaway

Sign up for Small Groups:

Small Group Classes with Emily
(ecoleman7@yahoo.com)
Power Yoga 1000 Monday and Wednesday
Register Now until May 4th, 2022 - \$45 for 8 sessions

Small Group Classes with Heather
strongholdaway@gmail.com
Yoga Flows 0900 Tuesday and Thursday
Register Now until May 5th, 2022 - \$45 for 8 sessions



8th Annual Memorial Murph
21 May 2022 @ 10am
Cost: \$20 (T-shirts while supplies last with registration fee)

1 mile Run
100 Pull ups
200 Push Ups
300 Air Squats
1 Mile Run

**These events can be modified for all skill levels.*