


# Group Fitness Classes May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 5:45 Tabata(CS) <u>Lisa</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(BB) <u>No Class</u> 8:30 Wall Yoga(RB) <u>SBJ</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u> 5:30 Pilates(MB) <u>Melissa A</u> 6:00 Zumba(CS) <u>No Class</u> 6:30 Cycle(CS) <u>Sarabeth</u>	<b>2</b> 5:45 Lift&Pump(CS) <u>Iris</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 BCamp(BB) <u>SBJ</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga (MB) <u>Sarabeth</u>	<b>3</b> 5:45 BCamp(CS) <u>Lisa</u> 8:30 FitForLife(BB) <u>No Class</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 5:30 Cycling(CS) <u>Jenn</u> 6:00 Gentle Flow(MB) <u>MA</u>	<b>4</b> 5:45 Lift&Pump(CS) <u>Iris</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Gentle Flow Yoga(MB) <u>Nancy</u> 9:30* Intro to Yoga(MB) <u>Sarabeth</u> 11:00 Senior Fit (CS) <u>Eleanor</u> 11:15 PACE(MB) <u>Mason</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Maria</u>	<b>5</b> 8:30 Fit For Life(BB) <u>No Class</u> 8:30 Pilates(MB) <u>Melissa A</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u>	<b>6</b> 8:30 Cycling(CS) <u>Jenn</u> 8:30 Gentle Flow Yoga(MB) <u>Nancy</u>
<b>7</b> 3:00 Gentle Flow Yoga (MB) <u>Dawn</u>	<b>8</b> 5:45 Tabata(CS) <u>Iris</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Gentle Flow(MB) <u>Gayle</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u> 5:30 Pilates(MB) <u>Melissa A</u> 6:00 Zumba(CS) <u>Maria</u> 6:30 Cycle(CS) <u>Sarabeth</u>	<b>9</b> 5:45 Lift&Pump(CS) <u>Iris</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga (MB) <u>Sarabeth</u>	<b>10</b> 5:45 BCamp(CS) <u>Iris</u> 8:30 FitForLife(BB) <u>Cathy</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:30 Strength(CS) <u>TBD</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 5:30 Cycling(CS) <u>Jenn</u> 6:00 Gentle Flow(MB) <u>MA</u>	<b>11</b> 5:45 Lift&Pump(CS) <u>Iris</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Gentle Flow Yoga(MB) <u>Mason</u> 9:30* Intro to Yoga(MB) <u>Sarabeth</u> 11:00 Senior Fit (CS) <u>Eleanor</u> 11:15 PACE(MB) <u>Mason</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>No Class</u>	<b>12</b> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Pilates(MB) <u>Sheree</u> 9:30 Tabata(CS) <u>Eleanor</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u>	<b>13</b> 8:30 Cycling(CS) <u>Lisa</u> 8:30 Gentle Flow Yoga(MB) <u>Billie</u>
<b>14</b> 3:00 Gentle Flow Yoga (MB) <u>Mason</u>	<b>15</b> 5:45 Tabata(CS) <u>Lisa</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Wall Yoga(RB) <u>SBJ</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u> 5:30 Pilates(MB) <u>Melissa A</u> 6:00 Zumba(CS) <u>Maria</u> 6:30 Cycle(CS) <u>Sarabeth</u>	<b>16</b> 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>SBJ</u> 11:15 PACE(MB) <u>Peggy</u> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>TBD</u>	<b>17</b> 5:45 BCamp(CS) *Virtual 8:30 FitForLife(BB) <u>Cathy</u> 8:30 Zumba(CS) <u>No Class</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 5:30 Cycling(CS) <u>Jenn</u> 6:00 Gentle Flow(MB) <u>MA</u>	<b>18</b> 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Gentle Flow Yoga(MB) <u>Mason</u> 9:30* Intro to Yoga(MB) <u>Sarabeth</u> 11:00 Senior Fit (CS) <u>Eleanor</u> 11:15 PACE(MB) <u>Mason</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Maria</u>	<b>19</b> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Pilates(MB) <u>Melissa A</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u>	<b>20</b> 8:30 Cycling(CS) <u>Jenn</u> 8:30 Gentle Flow Yoga(MB) <u>Dawn</u>
<b>21</b> 3:00 Gentle Flow Yoga (MB) <u>Mason</u>	<b>22</b> 5:45 Tabata(CS) <u>Lisa</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Gentle Flow(MB) <u>Gayle</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u> 5:30 Pilates(MB) <u>Melissa A</u> 6:00 Zumba(CS) <u>Maria</u> 6:30 Cycle(CS) <u>Sarabeth</u>	<b>23</b> 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Melissa A</u>	<b>24</b> 5:45 BCamp(CS) <u>Iris</u> 8:30 FitForLife(BB) <u>Cathy</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>TBD</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 5:30 Cycling(CS) <u>Jenn</u> 6:00 Gentle Flow(MB) <u>MA</u>	<b>25</b> 5:45 Lift&Pump(CS) <u>Iris</u> 8:30 BCamp(BB) <u>SBJ</u> 8:30 Gentle Flow Yoga(MB) <u>Gayle</u> 9:30* Intro to Yoga(MB) <u>Sarabeth</u> 11:00 Senior Fit (CS) <u>SBJ</u> 11:15 PACE(MB) <u>Sheree</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>No Class</u>	<b>26</b> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Pilates(MB) <u>Melissa A</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u>	<b>27</b> 8:30 Cycling(CS) <u>Lisa</u> 8:30 Gentle Flow Yoga(MB) <u>Billie</u>
<b>28</b> 3:00 Gentle Flow Yoga (MB) <u>Billie</u>	<b>29</b> The Y is closed today in observance of Memorial Day. 	<b>30</b> 5:45 Lift&Pump(CS) <u>Iris</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>SBJ</u> 11:15 PACE(MB) <u>Peggy</u> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Melissa A</u>	<b>31</b> 5:45 BCamp(CS) <u>Lisa</u> 8:30 FitForLife(BB) <u>Cathy</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 5:30 Cycling(CS) <u>Jenn</u> 6:00 Gentle Flow(MB) <u>MA</u>	*Our Spring Into a New Class continues this month on Thursdays at 9:30am. Featured this month is "Intro to Yoga" with Sarabeth.	<b>Key:</b> CS= Cardio Studio MB= Mind/Body Studio BB= Basketball Court TC=Tennis Court SH=Staunton High RB=Racquetball Court	