

MAY - JUNE

— CLASS SCHEDULE —

MONDAY

5:30 am	● Spinning	Jamie
8:45 am	●● Cardio Barre	Sherry
8:45 am	●● Cardio & Weights	Di
11:30 am	● Indo-Row	Paul
5:30 pm	●● Kettlebells	Jessica
5:30 pm	● Spinning	Anne
6:30 pm	●● Shred N' 6 (pd)	Jessica
6:30 pm	●● Total Body Burn	Kerri
7:00 pm	*Nutrition Talk	Greg

THURSDAY

9:00 am	● Urban Rebounding	Sherry
11:30 am	● Indo-Row	Paul
5:30 pm	●● Obstacle Course Boot Camp	Mike
6:00 pm	● Spinning	Kendra
6:30 pm	●● Shred N' 6 (pd)	Mike
7:00 pm	● Zumba (Open to non-members - donations benefit Warren Animal Shelter)	Jessica

TUESDAY

5:45 am	● Indo-Row	Gina
9:00 am	● Yoga	Amelia
9:00 am	●● Circuit Breaker	Dawn
10:30 am	●● Prime Time	Mike
11:30 am	● Veterans Row	Gina
4:30 pm	●● Group Train	Alison
5:15 pm	●● Barre N' Bounce	Sherry
6:30 pm	●● Shred N' 6 (pd)	Mike
6:30 pm	●● Ladies Only Fitness Challenge (5/13-6/17)	Jessica
7:00 pm	● Yoga	Michelle

FRIDAY

8:45 am	●● Step & Weights	Di
9:00 am	●● Cardio Barre	Sherry

SATURDAY

7:30 am	●● Beach Body	Ali B
8:00 am	●● Step & Weights	Kerri
8:00 am	● Spinning	Kim
8:30 am	●● Fit'n'Funky Barre	Ali B
9:30 am	●● Shred N' 6 (pd)	Jessica
9:30 am	● Learn to Spin (last Sat. of month)	Dom
9:30 am	●● Ladies Only Fitness Challenge (5/13 - 6/17)	Dawn
10:30 am	●● TRXtra	Jessica
11:00 am	● Learn to Row (first Sat. of month)	Paul

WEDNESDAY

5:30 am	● Spinning	Jamie
9:00 am	●● Pilates Sculpt	Sherry
4:30 pm	●● Mobility and Stretch	Mark
5:30 pm	●● Cardio Sculpt	Kerri
5:30 pm	●● Shred N' 6 (pd)	Jessica
5:30 pm	● Indo-Row	Gina
6:30 pm	●● Shred N' 6 (pd)	Jessica
6:30 pm	●● Core and Balance	Di

SUNDAY

8:00 am	● Spinning	Dom
8:30 am	●● Kettlebells	Jessica
10:00 am	●● Interval Inferno (pd)	Kayla

● Strength

● Stretch

● Cardio

- Spinning, TRXtra, Indo-Row, & Urban Rebounding classes require 24 hour sign up
- Specialty classes are paid classes (Pd)
- Classes will be canceled if less than 3 people attend

CLUB HOURS

Mon - Thur 5:00 am -9:30 pm

Fri 5:00 am - 8:30 pm

Saturday 7:00 am - 5:00 pm

Sunday 7:00 am - 12:00 pm

*Nutrition Talks

Mondays at 7:00 pm

May 15- Eating on the Run

June 19 - Gluten Free Living

