



May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Tabata w/ Lindsay	2 8:15a Yoga w/ Cindi	3 7:00a H.I.R.T. 7:30a Waisted 8:15a Yoga w/ Cindi
5 5:00a H.I.R.T. 8:15a Yoga 4:30p DanceFit 5:30p Muscle Works w/ Lindsay	6 8:15a Circuit Training 9:30a Silver Sneakers w/ Cathy 5:30p Tabata w/ Lindsay	7 5:00a H.I.I.T. 8:15a Muscle Works w/ Lindsay 5:15p Yoga w/ Tiffany	8 5:15a Cycling w/ Lindsay 8:15a DanceFit 9:30a Silver Sneakers 5:30p AMPD Fusion	9 8:15a Yoga w/ Cindi	10 7:00a H.I.R.T. 7:30a Waisted 8:15a Tabata w/ Heather
12 5:00a H.I.R.T. w/ Lindsay 8:15a Yoga 4:30p DanceFit 5:30p POUND	13 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion	14 5:00a H.I.I.T. w/ Lindsay 8:15a Muscle Works 5:15p Yoga	15 5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Strong Nation	16 8:15a Yoga	17 7:00a H.I.R.T. w/ Heather 7:30a Waisted w/ Heather 8:15a POUND w/ Erin 10:00 Cathy's Kids PopUp
19 5:00a H.I.R.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND	20 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion	21 5:00a H.I.I.T. 8:15a Muscle Works 5:15p POUND Unplugged w/ Erin	22 5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Tabata	23 8:15a Yoga w/ Cindi	24 7:00a H.I.R.T. 7:30a Waisted 8:15a Yoga w/ Cindi
6 5:00a H.I.R.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND	27 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion	28 5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga	29 5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Strong Nation	30 8:15a Yoga	31 7:00a H.I.R.T. 7:30a Waisted 8:15a POUND w/ Kayla

Plus Membership: Access to Gym, Sauna and **Unlimited** GX Classes with a 1-Year Contract. Price: \$37.95/Month plus tax.

Group Exercise Membership: **Unlimited** Group Exercise Classes with a 1-Year Contract. Price: \$33.95/Month.

Group Exercise Punch Card or Drop In: Go to ANY Regular GX Class with our 10-Class Punch Card. Price: \$55 or Drop in for \$8.

Cycling Class: Pre registration Required - Class registration will open each Saturday for the following week's classes.

Cathy's Kids PopUp: \$5 Drop-In Cash ONLY.