

# MAY GROUP FITNESS UPDATES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spin@</b> 8am Parker L.	<b>Xtreme Workout</b> 6am (ct) Sarah S.	<b>Spin@</b> 6am Karen B.	<b>Xtreme Workout</b> 6am (ct) Sarah S.	<b>Spin@</b> 6am Carisa C.	<b>Zumba</b> 8am Ana H.	<b>Spin@</b> 9am Rotation
<b>Balance &amp; Stretch</b> 8am Aireal Y.	<b>Mat Pilates</b> 8am Kelly G.	<b>Mat Pilates</b> 8am Ildi B.	<b>Mat Pilates</b> 8am Kelly G.	<b>Sunrise Yoga</b> 6:30am Aireal Y.	<b>Spin@</b> 8:30am Rotation	<b>TBC</b> 10am (ct) Carla/Sarah
<b>Power Hour</b> 9am Parker L.	<b>Chair Yoga</b> 9am Robbi W.	<b>Power Hour</b> 9am Parker L.	<b>Spin@</b> 9am Kevin L.	<b>Balance &amp; Stretch</b> 8am Aireal Y.	<b>Mat Pilates</b> 9am Maureen H.	
<b>Jazzercise</b> 9am (ct) Julie R.	<b>Spin@</b> 9am Kevin L.	<b>Pilates Reformer</b> 9am Noelle S. \$	<b>Chair Yoga</b> 9am Robbi W.	<b>Spin@</b> 8am Karen B.	<b>Aqua Zumba (lg)</b> 9:30am Sandy	
<b>Pilates Reformer</b> 9am Noelle S. \$	<b>Pilates Reformer</b> 9am Kelly G. \$	<b>Pilates Reformer</b> 10am Trish R. \$	<b>Pilates Reformer</b> 9am Kelly G. \$	<b>Yogalates</b> 9am Trish R.	<b>Core</b> <b>Vinyasa Yoga</b> 10am Parker L.	
<b>Aqua Motion (lg)</b> 10am Margie T.	<b>Aqua Challenge (lg)</b> 10am Margie T.	<b>Aqua Motion (lg)</b> 10am Margie T.	<b>Therapeutic Yoga</b> 10am Robbi W.	<b>Pilates Reformer</b> 9am Noelle S. \$	<b>Tai Chi</b> 11am Sandy B.	
<b>Core n' More</b> 10am Sarah S.	<b>Gentle Motion (sm)</b> 10am Robbi W.	<b>Multi-Level Yoga</b> 10am Ildi B.	<b>Pilates Reformer</b> 10am Trish R. \$	<b>Jazzercise</b> 9am (ct) Julie R.		
<b>Pilates Reformer</b> 10am Noelle P. \$	<b>Pilates Reformer</b> 10am Trish R. \$	<b>Beginner Zumba</b> 11am Ana H.	<b>Aqua Challenge (lg)</b> 10am Margie T.	<b>Pilates Reformer</b> 10am Noelle S. \$		
<b>Fundamental Yoga</b> 11am Deb T.	<b>Whopping Movers</b> 11am (ct) Kevin L.	<b>InBalance</b> 11am (ct) Jared Z. \$	<b>Back in Action (sm)</b> 11am Parker L.	<b>Gentle Flow Yoga</b> 10am Deb T.		
<b>InBalance (ct)</b> 11am Brooke S. \$	<b>Total Body Conditioning</b> 11am Kim D.	<b>Senior Fitness</b> 12pm Robbi W.	<b>Total Body Conditioning</b> 11am Kim D.	<b>Iron Yoga</b> 11am - Deniese K.		
<b>PwP</b> 11 am Parker & Scott	<b>Healthy Hearts</b> 11am Kyle S. \$	<b>Oncology Exercise Recovery</b> 1:30pm Trish R.	<b>Healthy Hearts</b> 11am Kyle S. \$	<b>Whopping Movers</b> 11am - Brooke S.		
<b>Therapeutic Splash (sm)</b> 12pm Sandy B.	<b>Oncology Tai Chi</b> 12:30pm Sandy B.	<b>Powerplex</b> 5:30pm (ct) Sue M.	<b>Fitness Forward</b> 12pm Brooke S. \$	<b>PwP</b> 12 pm Kevin/Barrie		
<b>Bone Builders</b> 12pm Scott H. \$	<b>Pilates Reformer</b> 4:30pm Kelly G. \$	<b>Aqua Tai Chi (sm)</b> 6pm Sandy B.	<b>Oncology Tai Chi</b> 12:30pm Sandy B.	<b>Bone Builders</b> 12pm Scott H. \$		
<b>Fitness Forward</b> 12pm Doug S. \$	<b>Cardio Kickbox</b> 5:30pm Kelly G. (ct)	<b>Zumba</b> 6:30pm Carla P.	<b>Cardio Dance</b> 5pm Sandy B.	<b>Senior Fitness</b> 12:15pm Ana H.		
<b>Mindful Meditation</b> 12pm Noelle P.	<b>Zumba</b> 5:30pm Ana H.	<b>Spin@</b> 6:30pm Sue M.	<b>Yogalates</b> 6:30pm Karen F.	<b>Oncology Exercise Recovery</b> 1:30pm Trish R.		
<b>Senior Fitness</b> 12:15pm Ana H.	<b>Aqua Challenge (lg)</b> 6pm Margie		<b>Pilates Reformer</b> 6:30pm Trish R. \$	<b>Foam Rollers</b> 5pm Kim D.		
<b>Mindful Meditation</b> 12:30pm Noelle P.	<b>Vinyasa Yoga</b> 6:30pm Margie P.			<b>Therapeutic Yoga</b> 6pm - Margie P.		
<b>Oncology Yoga</b> 1:30pm Noelle P.	<b>Pilates Reformer</b> 6:30pm Kelly G. \$					
<b>Aqua Tai Chi (sm)</b> 5pm Sandy B.						
<b>Xtreme Workout</b> 5:30pm Deniese K.						
<b>Zumba</b> 6:30pm Carla P.						
<b>Tai Chi</b> 6:30pm Sandy B.						
<b>Spin@</b> 6:30 pm Karen B.						

**Aquatic Classes**  
(sm) small pool  
(lg) large pool

**Oncology Class**  
Registration Required

**\$ Fee Based Class**  
Registration Required

Check us out on  
**facebook**  
facebook.com/SMHFit

**May Promotion:**

New FAMILY Membership - \$99/month for up to 3 family members. See Membership Associate for Details

**SUPPORT GROUP MEETINGS**

**Bone Builders**  
4th Wednesday of every month  
12pm - 1pm  
Large Classroom

**Healthy Hearts**  
1<sup>st</sup> Thursday of every month  
10am - 11am  
Resource Library

**Join us for Coffee with Kayla**  
Friday, May 5<sup>th</sup> 7 am  
in the Front Lobby

\*Please note some instructors may change without notice.