

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
<b>INSTRUCTORS</b> Pam-P    Melissa-M Amy Jo-A Yvette-Y    Patricia-PA Cheree-C    Becca Rea-B		8:30-9:20am Combo Fit-C 8:30-9:15am SPIN-P 9:30-10am BootCamp/Core-P 10:15-11:am Silver&Fit-T  5:45-6:45pm Rip-C	8:30-9:25am Rip Express-P 9:40-10:40am ESSETRICS-AJ 10:45-11:45 ESSETRICS-AJ  5:45-6:30pm Turn Up-PA 6pm-6:45pm Spin-Joel	8:15-8:55am Combo Fit-Y 9-10am Athletic Conditioning-P 10:30-11:30am SilverSneakers®-C	8-8:45am SPIN-Joel 9-10am ESSETRICS-AJ
6	7	8	9	10	11
8:30-9:20am Combo Fit-Y 9:30-10:15am BootCamp/HIIT-P 10:30-11:15am SilverSneakers®-P 11:30-12:30pm-ESSETRICS-AJ  5:45-6:30pm BootCamp/HIIT-C	8:30-9:30am Rip-P <b>No ESSETRICS Today</b> 10:45-11:30am <b>Deep Stretch-B</b> 11:45-12:30 Butt & Guts-B  5:20-6pm HIIT-Jace 6pm-6:45pm Spin-Jace	8:30-9:20am Combo Fit-C 8:30-9:15am SPIN-P 9:30-10am BootCamp/Core-P 10:15-11:am Silver&Fit-T  5:45-6:45pm Rip-C	8:30-9:25am Rip Express-P 9:40-10:40am ESSETRICS-AJ 10:45-11:45 ESSETRICS-AJ  5:45-6:30pm Turn Up-PA 6pm-6:45pm Spin-Jace	8:15-8:55am Combo Fit-Y 9-10am Athletic Conditioning-P 10:30-11:30am SilverSneakers®-C	8-8:45am SPIN-Jace 9-10am Turn Up-PA
13	14	15	16	17	18
8:30-9:20am Combo Fit-Y 9:30-10:15am BootCamp/HIIT-P 10:30-11:15am SilverSneakers®-P 11:30-12:30pm-ESSETRICS-AJ  5:45-6:30pm BootCamp/HIIT-C	8:30-9:30am Rip-P 9:40-10:40am ESSETRICS-A 10:45-11:30am <b>Deep Stretch-B</b> 11:45-12:30 Butt & Guts-B  5:20-6pm HIIT-M 6pm-6:45pm Spin-M	8:30-9:20am Combo Fit-C 8:30-9:15am SPIN-P 9:30-10am BootCamp/Core-P 10:15-11:am Silver&Fit-T  5:45-6:45pm Rip-C	8:30-9:25am Rip Express-P 9:40-10:40am ESSETRICS-AJ 10:45-11:45 ESSETRICS-AJ  5:45-6:30pm Turn Up-PA 6pm-6:45pm Spin-M	8:15-8:55am Combo Fit-Y 9-10am Athletic Conditioning-P 10:30-11:30am SilverSneakers®-C	8-8:45am SPIN-M 9-10am BootCamp/HIIT-M
20	21	22	23	24	25
8:30-9:20am Combo Fit-Y 9:30-10:15am BootCamp/HIIT-P 10:30-11:15am SilverSneakers®-P 11:30-12:30pm-ESSETRICS-AJ  5:45-6:30pm BootCamp/HIIT-C	8:30-9:30am Rip-P 9:40-10:40am ESSETRICS-A 10:45-11:30am <b>Deep Stretch-B</b> 11:45-12:30 Butt & Guts-B  5:20-6pm HIIT-M 6pm-6:45pm Spin-M	8:30-9:20am Combo Fit-C 8:30-9:15am SPIN-P 9:30-10am BootCamp/Core-P 10:15-11:am Silver&Fit-T  5:45-6:45pm Rip-C	8:30-9:25am Rip Express-P 9:40-10:40am ESSETRICS-AJ 10:45-11:45 ESSETRICS-AJ  5:45-6:30pm Turn Up-PA 6pm-6:45pm Spin-M	8:15-8:55am Combo Fit-Y 9-10am Athletic Conditioning-P 10:30-11:30am SilverSneakers®-C	8-8:45am SPIN-M 9-10am BootCamp/HIIT-C
27	28	29	30	31	
8:30-9:20am Combo Fit-Y 9:30-10:15am BootCamp/HIIT-P 10:30-11:15am SilverSneakers®-P 11:30-12:30pm-ESSETRICS-AJ  5:45-6:30pm BootCamp/HIIT-C	8:30-9:30am Rip-P 9:40-10:40am ESSETRICS-A 10:45-11:30am <b>Deep Stretch-B</b> 11:45-12:30 Butt & Guts-B  5:20-6pm HIIT-M 6pm-6:45pm Spin-M	8:30-9:20am Combo Fit-C 8:30-9:15am SPIN-P 9:30-10am BootCamp/Core-P 10:15-11:am Silver&Fit-T  5:45-6:45pm Rip-C	8:30-9:25am Rip Express-P 9:40-10:40am ESSETRICS-AJ 10:45-11:45 ESSETRICS-AJ  5:45-6:30pm Turn Up-PA 6pm-6:45pm Spin-M	8:15-8:55am Combo Fit-Y 9-10am Athletic Conditioning-P 10:30-11:30am SilverSneakers®-C	

\*Tuesday Mornings Gentle Yoga has Changed to **"Deep Stretch"**\*

**\*\*THERE WILL BE NO ESSETRICS MAY 7TH \*\***