












	MON	TUES	WED	THUR	FRI
5:00 AM	<b>POWER</b> <i>hour</i> Kim - 55 min	 Julie - 45 min	<b>POWER</b> <i>hour</i> Kim - 55 min	<b>BARRE</b> above™ Julie - 45 min	<b>HIIT POWER</b> Jacy - 45 min
6:00 AM	<b>HIIT POWER</b> Dena - 45 min	 Mayson - 45 min	 Dena - 45 min	 Julie - 40 min	 Amy - 45 min
8:30 AM	<b>Strength</b> BUILD Sadie - 45 min	<b>Sculpt</b> Addie - 45 min	<b>Strength</b> REINFORCE Sadie - 45 min	 Ashlie - 45 min	<b>BARRE</b> above™ Julie - 45 min
10:00 AM	<i>ageless</i> <b>WARRIORS</b> for ages 50+ Alli - 45 min	<b>SELF-LED</b> STRENGTH Purple & White Circuit Machines	<i>ageless</i> <b>WARRIORS</b> for ages 50+ Hannah - 45 min	<i>Line Dancing</i> Jolene - 45 min	<i>ageless</i> <b>WARRIORS</b> for ages 50+ Julie - 45 min
4:30 PM	 Dena - 45 min	<b>BARRE</b> above™ Stef - 45 min	<b>Sculpt</b> Addie - 45 min	<b>TABATA</b>  Lucy - 45 min	
5:30 PM	 Brittany - 45 min <b>STRENGTH</b> Hannah - 45 min	 Julie - 45 min	 Brittany - 45 min  Bobbi - 45 min	<b>LES MILLS</b> <b>BODYPUMP</b> Lucy - 60 min	Reserved for girls' Night Out!  See front desk to schedule.
6:00 PM		 Maggie- 30 min May 5, 12, 19 ONLY			

**SATURDAY LINEUP - 8:30 AM:**

- May 2 Cycle Core - Maggie
- May 9 Butts & Guts - Julie
- May 16 Sadie's Surprise
- May 23 Closed - Memorial Day weekend
- May 30 Barre Above - Stef

## HOT GIRL WALKS are BACK!

Bring your friends and take a  
walk together!

(Details on days and times can be found  
on social media)