

May 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|---|---|--|----------|
| 27 | 28 | 29 | 30 | 1 <u>5:30AM Strength</u> <u>8:30AM Pilates</u> <u>11AM Tai Chi</u> | 2 <u>5:30AM HIGH Fitness</u> <u>8:30AM Bootcamp</u> <u>11AM- Resistive Bands Class</u> | 3 |
| 4 | 5 <u>5:30AM Bootcamp</u> <u>8:30AM Strength</u> <u>11AM Resistive Bands Class</u> <u>5:20PM Strength 35 minutes</u> | 6 <u>5:30AM Strength</u> <u>8:15AM-9AM Barre Strength</u> | 7 <u>5:30AM HIGH/Low</u> <u>8:30AM Bootcamp</u> <u>11AM Resistive Bands Class</u> | 8 <u>5:30AM Strength</u> <u>8:30AM Pilates</u> <u>11AM Tai Chi</u> | 9 <u>5:30AM HIGH Fitness</u> <u>8:30AM Bootcamp</u> <u>11AM- Resistive Bands Class</u> | 10 |
| 11 | 12 <u>5:30AM Bootcamp</u> <u>8:30AM Strength</u> <u>11AM Resistive Bands Class</u> <u>5:20PM Strength 35 minutes</u> | 13 <u>5:30AM Strength</u> <u>8:15AM-9AM Barre Strength</u> <u>*5:20PM-Pilates-RSVP front desk</u> | 14 <u>5:30AM HIGH/Low</u> <u>8:30AM Bootcamp</u> <u>11AM Resistive Bands Class</u> | 15 <u>5:30AM Strength</u> <u>8:30AM Pilates</u> <u>11AM Tai Chi</u> | 16 <u>5:30AM HIGH Fitness</u> <u>8:30AM Bootcamp</u> <u>11AM- Resistive Bands Class</u> | 17 |
| 18 | 19 <u>5:30AM Bootcamp</u> <u>8:30AM Strength</u> <u>11AM Resistive Bands Class</u> <u>5:20PM Strength 35 minutes</u> | 20 <u>5:30AM Strength</u> <u>8:15AM-9AM Barre Strength</u> | 21 <u>5:30AM HIGH/Low</u> <u>8:30AM Bootcamp</u> <u>11AM Resistive Bands Class</u> | 22 <u>5:30AM**NO CLASS</u> <u>8:30AM Pilates</u> <u>11AM Tai Chi</u> | 23 <u>5:30AM HIGH Fitness</u> <u>8:30AM Bootcamp</u> <u>11AM- Resistive Bands Class</u> | 24 |
| 25 | 26 Memorial Day NO CLASSES | 27 <u>5:30AM Strength</u> <u>8:15AM-9AM Barre Strength</u> | 28 <u>5:30AM HIGH/Low</u> <u>8:30AM Bootcamp</u> <u>11AM Resistive Bands Class</u> | 29 <u>5:30AM Strength</u> <u>8:30AM Pilates</u> <u>11AM Tai Chi</u> | 30 <u>5:30AM HIGH Fitness</u> <u>8:30AM Bootcamp</u> <u>11AM- Resistive Bands Class</u> | 31 |