

May Fitness Class Schedule

Studios Phone: 935-6752

Hrs: M-Sat 8am-noon;

3-5 MW

All Classes \$5.00 (\$3.75 w/prepaid package) unless specified

TF Fit Ctr Phone: 935-6740

Guests may not use discounted package

	Studio #1		Studio #2	Studio #3		
Starts	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00	Hydro Challenge w/ Sue (Outdoor Pool)	Hydro Challenge w/ Janet (Outdoor Pool)	Hydro Challenge w/ Sue (Outdoor Pool)			
	Classic Aerobics w/ Helen	Strength & Mobility w/ Sonia	Classic Aerobics w/ Helen	Strength & Mobility w/ Sonia	Classic Aerobics w/ Helen	
	Strictly Strength w/ Sonia	Yoga & More w/ Allen	Strictly Strength w/ Sonia	Yoga & More w/ Allen	Strictly Strength w/ Sonia	
	Tai Chi w/ Charlie		Stillness in Motion w/ Charlie			
9:00				Hydro Challenge w/ Shirleen (Outdoor Pool)	Aqua Zumba w/ Helen (Outdoor Pool)	
	Strength & Conditioning w/ Helen	Zumba w/ Helen	Strength & Conditioning w/ Sonia	Zumba w/ Helen	Strength & Conditioning w/ Sonia	Core Combo Yoga w/ Becca
	Core Combo Yoga w/ Becca	Yin Yoga w/ Laine	Zumba w/ Helen	Yin Yoga w/ Laine		Zumba w/ Helen
	Spin Bikes Available in Studio #3					
10:00	20/20/20 w/ Patti	Chair Yoga w/ Karen	20/20/20 w/ Patti	Chair Yoga w/ Karen	20/20/20 w/ Patti	Seated Combo w/ Becca
	Pilates/Barre w/ Becca	Pilates w/ Shirleen	Sit & Fit w/ Shirleen	Pilates w/ Shirleen	Sit & Fit w/ Shirleen	
	Spin Bikes Available in Studio #3					
11:00	Gentle Cardio Strength w/ Patti	Balance Plus w/ Sonia	Gentle Cardio Strength w/ Patti	Balance Plus w/ Sonia	Gentle Cardio Strength w/ Patti	
	#2 Not available 11-4	Country Fitness w/ Cortney	#2 Not available 11-2	#2 Not available 11-4		
	Spin Bikes Available in Studio #3					
1:00	1:00 Hydro Challenge (NEW) w/ Janet					
2:30		Aqua Zumba w/ Helen (Outdoor Pool)		Aqua Zumba (Starts May 15) w/ Helen (Outdoor Pool)		
3:00	Unwind Body and Mind w/ Laine		Yin Yoga w/ Laine		NEW - Hydro Challenge on Monday Afternoons Additional Aqua Zumba on Thursday PM, starting May 15 Studios Closed May 24, 25, 26 - NO CLASSES	
4:00						

RESERVATIONS REQUIRED: www.supersaas.com/schedule/login/PebbleCreek_Fitness/