

DROP-IN FITNESS CLASSES

May 2025

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
				9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:20 AM Stride & Strength Cindy
				12:15 - 12:45 PM Get Ripped Suzie	12:15 - 12:45 PM Yoga Josie	
					1:00 - 2:00 PM Light Adult Fitness Ripped & Cardio Suzie	
				5:30 - 6:20 PM Step Into Fitness Cindy	5:30 - 6:20 PM Strength Core & Balance Cindy	
4	5	6	7	8	9	10
		9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:20 AM Stride & Strength Cindy
	12:15 - 12:45 PM Spin Suzie	12:15 - 12:45 PM Core Workout Josie	12:15 - 12:45 PM Circuit Training Suzie	12:15 - 12:45 PM Get Ripped Josie	12:15 - 12:45 PM Yoga Josie	
	1:00 - 2:00 PM Light Adult Fitness Pound Rockout Workout Gloria		1:00 - 2:00 PM Light Adult Fitness Spin Interval Zirkia		1:00 - 2:00 PM Light Adult Fitness Cardio/Core Josie	
	5:30 - 6:20 PM Speed Walk & Weights Zirkia	5:30 - 6:20 PM Yoga Suzie	5:30 - 6:00 PM 30 Min Spin Shay	5:30 - 6:20 PM Body Sculpt Cindy	5:30 - 6:20 PM Strength Core & Balance Cindy	
11	12	13	14	15	16	17
		9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:20 AM Stride & Strength Cindy
	12:15 - 12:45 PM Spin Josie	12:15 - 12:45 PM Core Workout Suzie	12:15 - 12:45 PM Circuit Training Josie	12:15 - 12:45 PM Get Ripped Suzie	12:15 - 12:45 PM Yoga Josie	
	1:00 - 2:00 PM Light Adult Fitness Urban Poling Gloria		1:00 - 2:00 PM Light Adult Fitness Toned & Stretch Zirkia		1:00 - 2:00 PM Light Adult Fitness Zumba Zirkia	
	5:30 - 6:20 PM Speed Walk & Weights Zirkia	5:30 - 6:20 PM Yin Yoga Josie	5:30 - 6:00 PM 30 Min Spin Suzie	5:30 - 6:20 PM Kickboxing Cindy	5:30 - 6:20 PM Strength Core & Balance Cindy	
18	19	20	21	22	23	24
		9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:20 AM Stride & Strength Cindy
		12:15 - 12:45 PM Core Workout Josie	12:15 - 12:45 PM Circuit Training Josie	12:15 - 12:45 PM Get Ripped Suzie	12:15 - 12:45 PM Yoga Suzie	
	NO CLASSES		1:00 - 2:00 PM Light Adult Fitness Ripped & Stretch Zirkia		1:00 - 2:00 PM Light Adult Fitness Track Interval Zirkia	
		5:30 - 6:20 PM Yin Yoga Josie	5:30 - 6:00 PM 30 Min Spin Josie	5:30 - 6:20 PM Step Into Fitness Cindy	5:30 - 6:20 PM Get Ripped Zirkia	
25	26	27	28	29	30	31
		9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:20 AM Stride & Strength Cindy
	12:15 - 12:45 PM Spin Josie	12:15 - 12:45 PM Core Workout Suzie	12:15 - 12:45 PM Circuit Training Josie	12:15 - 12:45 PM Get Ripped Suzie	12:15 - 12:45 PM Yoga Josie	
	1:00 - 2:00 PM Light Adult Fitness Zumba Gloria		1:00 - 2:00 PM Light Adult Fitness Toned & Stretch Zirkia		1:00 - 2:00 PM Light Adult Fitness Ripped & Yoga Suzie	
	5:30 - 6:20 PM Speed Walk & Weights Zirkia	5:30 - 6:20 PM Yoga Suzie	5:30 - 6:00 PM 30 Min Spin Suzie	5:30 - 6:20 PM Body Sculpt Cindy	5:30 - 6:20 PM Strength Core & Balance Cindy	