



# FITNESS CLASS SCHEDULE

**MAY 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	KEY
5:30 - 6:30 AM <b>Indoor Cycling*</b> Peter/Marissa	5:30 - 6:15 AM <b>Body Fusion (Z)</b> Joanna	5:30 - 6:30 AM <b>Indoor Cycling*</b> Cheryl/Adrienne	5:30 - 6:15 AM <b>Body Fusion (Z)</b> Joanna	8:00 - 8:45 AM <b>HIIT (Z)</b> Shannon	8:00 - 9:00 AM <b>Indoor Cycling*</b> 5/7 Dianne K 5/14 Sowmya 5/21 Marissa 5/28 No class	(Z) = Zoom class Indoor Cycling Other Outdoors Aquatics Virtual-Only
8:00 - 8:45 AM <b>HIIT (Z)</b> Shannon	9:00 - 9:45 AM <b>Fab, Fit &amp; Fun (Z)</b> Frances	8:00 - 8:45 AM <b>HIIT (Z)</b> Shannon	8:00 - 9:00 AM <b>Indoor Cycling*</b> Jenn	9:00 - 9:45 AM <b>Zumba</b> Jolin	9:00 - 10:00 AM <b>TRX</b> Kathy/Linda	* You must complete an orientation before your first Indoor Cycling class. Email joanna.graber@joinccbba.org to schedule yours today!
9:00 - 10:00 AM <b>Aqua Zumba</b> Haley	9:00 - 10:00 AM <b>Aqua Fitness</b> Joanna	9:00 - 9:45 AM <b>Core Pilates (Z)</b> Frances	9:00 - 10:00 AM <b>Aqua Fitness</b> Jenny	9:00 - 10:00 AM <b>Aqua Fitness</b> Joanna	9:30-10:30 AM <b>5/7 Power Yoga</b> Sara	
9:00 - 10:00 AM <b>Indoor Cycling*</b> Adrienne	10:00 - 10:45 AM <b>Barre Burn (Z)</b> Denise	10:00 - 11:00 AM <b>Gentle Yoga (Z)</b> Frances	9:15 - 10:00 AM <b>Barre Burn (Z)</b> Denise	10:00 - 11:00 AM <b>Gentle Yoga (Z)</b> Jenny	<b>5/14 Step Aerobics</b> Joanna	
10:30 - 11:30 AM <b>Gentle Yoga (Z)</b> Connie	12:00 - 1:00 PM <b>Indoor Cycling*</b> Dianne	10:00 - 11:00 AM <b>Cardio Core</b> Shannon	10:15 - 11:00 AM <b>Fab, Fit &amp; Fun (Z)</b> Sara	12:00 - 1:00 PM <b>Indoor Cycling *</b> Adrienne	<b>5/21 HIIT</b> Shannon	
12:00 - 12:45 PM <b>Cardio Core</b> Sara	4:30 - 5:15 PM <b>Body Fusion</b> Anna	4:30 - 5:15 PM <b>Cardio Kickboxing</b> Aimee	4:30 - 5:15 PM <b>Turbo Kick</b> Natalie		<b>5/28 No class</b>	
4:30 - 5:15 PM <b>Core Pilates (Z)</b> Dianne	5:00 - 6:00 PM <b>Zumba (Z)</b> Jolin	5:30 - 6:30 PM <b>Vinyasa Yoga</b> Swan	5:00 - 6:00 PM <b>Zumba Toning (Z)</b> Jolin			
5:30 - 6:15 PM <b>Step Aerobics (Z)</b> Joanna	5:00 - 6:00 AM <b>TRX</b> Kathy/Linda	5:30 - 6:15 PM <b>Boxing Workout</b> Aimee	5:30 - 6:30 PM <b>Zumba</b> Liz			
	5:30 - 6:15 PM <b>Step Aerobics (Z)</b> Joanna	6:00 - 7:00 PM <b>Zumba (Z)</b> Jolin				

- All classes are included with membership.
- We offer a discounted virtual membership for those who would like to attend only virtual classes - \$49/month.
- Non-members can attend classes with a \$15 day pass or \$30 week pass (must be High School-age or older).
- **Reservations are required for TRX and Indoor Cycling classes.** Reserve your spot via our mobile app, website, or at our Welcome Desk.
- 9th grade and up can attend classes.
- Questions? Contact joanna.graber@joinccbba.org