



# May 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					7:00a H.I.R.T. 7:30a Waisted 8:15a POUND 9:30a Cycling*
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3 5:00a H.I.R.T. 8:00a Yoga w/ Katie 5:30p DanceFit/Barre	4 5:15a POUND 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion 6:30p Cycling*	5 5:00a H.I.I.T. 8:15a Muscle Works 10:00a Aqua Fitness 5:30p Yoga w/ Katie	6 5:15a Cycling* 8:15a DanceFit Mix 9:30a Silver Sneakers 5:30p Cardio Kick	7 8:15a Yoga w/ Katie	8 7:00a H.I.R.T. 7:30a Waisted 8:15a <u>NO POUND</u> 9:30a Cycling*
10 5:00a H.I.R.T. 8:00a Yoga w/ Michele 5:30p DanceFit/Barre	11 5:15a POUND 8:15a Circuit Training 9:30a Silver Sneakers 5:30p APMD Fusion 6:30p Cycling*	12 5:00a H.I.I.T. 8:15a Muscle Works 10:00a Aqua Fitness 5:30p Yoga w/ Katie	13 5:15a Cycling* 8:15a DanceFit Mix 9:30a Silver Sneakers 5:30p Cardio Kick	14 8:15a Yoga w/ Katie	15 7:00a H.I.R.T. 7:30a Waisted 8:15a <u>NO POUND</u> 9:30a Cycling*
17 5:00a H.I.R.T. 8:00a Yoga w/ Michele 5:30p DanceFit/Barre	18 5:15a POUND 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion 6:30p <u>NO Cycling*</u>	19 5:00a H.I.I.T. 8:15a Muscle Works 10:00a Aqua Fitness 5:30p Yoga w/ Katie	20 5:15a Cycling* 8:15a DanceFit Mix 9:30a Silver Sneakers 5:30p Cardio Kick	21 8:15a Yoga w/ Katie	22 7:00a H.I.R.T. 7:30a Waisted 8:15a POUND 9:30a Cycling*
24 5:00a H.I.R.T. 8:00a Yoga w/ Michele 5:30p DanceFit/Barre	25 5:15a POUND 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion 6:30p Cycling*	26 5:00a H.I.I.T. 8:15a Muscle Works 10:00a Aqua Fitness 5:30p Yoga w/ Katie	27 5:15a Cycling* 8:15a DanceFit Mix 9:30a Silver Sneakers 5:30p HIRT	28 8:15a Yoga w/ Katie	29 <u>NO CLASS MEMORIAL DAY WEEKEND</u>
31 <u>MEMORIAL DAY NO CLASS</u>					

**Plus Membership:** Access to Gym, Pool at Troy Super 8 and **Unlimited** GX Classes with a 1-Year Contract. Price: \$35.95/Month plus tax.

**Group Exercise Membership:** **Unlimited** Group Exercise Classes with a 1-Year Contract. Price: \$29.95/Month plus tax.

**Group Exercise Punch Card:** Go to ANY Regular GX Class with our 10-Class Punch Card. Price: \$55

\*Cycling Class: Pre registration Required - Drop-in: \$8/member; \$10/Non Member 10-Class Punch Card: \$70/Member; \$90/Non Member