



# May 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2</b> 5:00a H.I.R.T. 8:15a Yoga 9:30a Aqua Fitness 4:30p DanceFit	<b>3</b> 6:15a POUND 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion 6:30p Cycling	<b>4</b> 5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga 6:30p Aqua Cardio	<b>5</b> 5:15a Cycling <b>8:15a NO DanceFit</b> 9:30a Silver Sneakers w/ Carol 5:30p Cardio Kickboxing	<b>6</b> 8:15a Yoga	<b>7</b> 7:00a H.I.R.T. 7:30a Waisted 8:15a POUND w/ Cindy
<b>9</b> 5:00a H.I.R.T. 8:15a Yoga 9:30a Aqua Fitness 4:30p DanceFit w/ Sinclair	<b>10</b> 6:15a POUND 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion 6:30p Cycling	<b>11</b> 5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga 6:30p Aqua Cardio	<b>12</b> 5:15a Cycling 8:15a Cardio Mix 9:30a Silver Sneakers w/ Michele 5:30p Cardio Kickboxing	<b>13</b> 8:15a Yoga w/ Cara	<b>14</b> 7:00a H.I.R.T. 7:30a Waisted 8:15a POUND w/ Cindy
<b>16</b> 5:00a H.I.R.T. 8:15a Yoga 9:30a Aqua Fitness 4:30p DanceFit	<b>17</b> 6:15a POUND 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion 6:30p Cycling	<b>18</b> 5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga w/ Carol 6:30p Aqua Cardio	<b>19</b> 5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Cardio Kickboxing	<b>20</b> 8:15a Yoga	<b>21</b> 7:00a H.I.R.T. 7:30a Waisted 8:15a POUND w/ Kelly
<b>23</b> 5:00a H.I.R.T. 8:15a Yoga 9:30a Aqua Fitness 4:30p DanceFit	<b>24</b> 6:15a POUND 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion 6:30p Cycling	<b>25</b> 5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga 6:30p Aqua Cardio	<b>26</b> 5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Cardio Kickboxing w/ Josh	<b>27</b> <b>CLOSED FOR HOLIDAY WEEKEND NO CLASS</b>	<b>28</b> <b>CLOSED FOR HOLIDAY WEEKEND NO CLASS</b>
<b>30</b> <b>CLOSED FOR HOLIDAY NO CLASS</b>	<b>31</b> 6:15a POUND 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion 6:30p Cycling				

**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