



May 2023 Church Street Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp 5:45-6:45 AM Deirdra Auditorium	Flow Yoga 7:30-8:20 AM Raman Studio A	Y-Cycle 5:45-6:30 AM Donna Auditorium	Bootcamp 5:45-6:45 AM Donna Inside/Outside	Y-Cycle 5:45-6:30 AM Beth Inside/Outside	Y-Cycle 8:00-8:45 PM Caroline W/Shira Auditorium	Flow Yoga 9:00-10:00 AM Laura Studio A
Seated Yoga 7:00-8:00 AM Katheryn H. Studio *Hybrid	Dance 8:30-9:30 AM Katherine R. Studio A	Yoga 6:00-7:00 AM Katheryn H. Studio A *Hybrid	Dance 8:30-9:30 AM Katherine R. Studio A	Seated Yoga 7:00-8:00 AM Katheryn H. Studio *Hybrid	Step & Sculpt 9:00-10:50 AM Lisa Studio A- *Hybrid	Bolly X 10:00-10:50 AM Hether/Kim Auditorium
Aqua Fit 8:15-9:00AM Katheryn H. Big Pool	Aqua Fit 9:30-10:15 AM Louise Small Pool	Seated Yoga 7:00-8:00 AM Katheryn H. Studio *Hybrid	Aqua Fit 9:30-10:15 AM Louise Small Pool	Bootcamp & Stretch 9:00-10:00 AM Heide Studio A	Zumba 9:30-10:30 AM Edith Audit.	Y-Cycle 11:15-12:00 PM Caroline V. Auditorium
Muscle & Stretch 9:00-10:00 AM Heide Studio A	Y-Cycle 9:30-10:15AM Lauren Auditorium	Aqua Fit 8:15-9:00AM Katheryn H. Big Pool	Y-Cycle 9:30-10:15AM Lauren Auditorium	Y-Cycle 9:30-10:15AM Caroline W. Auditorium	Flow Yoga 10:40-11:40 AM Laura Studio A	
Y-Cycle 9:30-10:15AM Caroline W. Auditorium	Barre in Motion 10:00-11:00 AM Jessica Studio A *Hybrid	Total Body HIIT 8:30-9:15 AM Sub Tracy Studio A	Have A Ball 10:30-11:30 AM Lauren Auditorium	Keeping Fit 10-10:50AM Michelle Aud. *Hybrid		
Keeping Fit 10-10:50AM Michelle Gym *Hybrid	Have A Ball 10:30-11:30 AM Lauren Auditorium	Y-Cycle 9:30-10:15AM Lauren Auditorium	Y-Cycle 6:00-6:45 PM Katie Auditorium	Dance Fit 10:30-11:30 AM Louise Studio A		
Pilates 11:00-12:00PM Tracy Aud. *Hybrid	Flow Yoga 5:00-6:00 PM Michelle Studio A *Hybrid	Keeping Fit 10-10:50AM Michelle Gym. *Hybrid	Muscle Cond 7:00-8:00 PM Rosella Auditorium	Pilates 11:00-12:00 PM Jessica Aud. *Hybrid		
Intervals 5:00-5:50 PM Nancy Studio A	Intervals 6:15-7:00 PM Heather Studio A	Pilates 11:00-12:00PM Tracy Aud. *Hybrid		Flow Yoga 5:30-6:30 PM Laura Studio A		
Y-Cycle 6:00-6:45 PM Deirdra Auditorium	Y-Cycle 6:10-6:55 PM Clarence Auditorium	Intervals 5:00-5:50 PM Nancy Studio A				
Bolly X 7:00-7:45 PM Rajani. Aud. *Hybrid	Muscle Cond 7:05-8:00 PM Rosella Auditorium	Zumba 6:00-7:00PM Edith Aud. *Hybrid				