



May Group Ex Schedule



Classes are **FREE** to all **members!!**

Non-Members - \$9.00/\$4.50 on Thursdays

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Cardio PUMP	Cycling	RIP Strength	Cycling	Cardio PUMP	All classes are 45 minutes unless otherwise noted on the schedule.
6:45 AM	Cardio HiLo		Cardio HiLo			
8:00 AM	TBR	Battles & Bells	TBR	Battles & Bells	TBR/Battles & Bells	Body Pump
9:00 AM	Group Strength	30 Minute Cycle	Group Strength	30 Minute Cycle	Group Strength	See Membership for more details on Move Into Wellness, Rock Steady Boxing, Martial Arts & Lifeplex Dance Academy.
				Yoga Flow (75Min)		
9:30 AM	Silver Sneakers BOOM MUSCLE		Silver Sneakers BOOM MUSCLE		Silver Stretch (30 Minutes)	2855 Miller Dr. 574-335-5280
	Yoga Flow					
10:30 AM	Silver Sneakers STABILITY (30 Minute)				Silver Sneakers STABILITY (30 Minute)	Studio 1
	Flash Fit	Cardio Drumming		Cardio Drumming	Flash Fit	
10:45 AM	Gentle Yoga			Gentle Yoga		Studio 2
11:00 AM			Move Into Wellness & Paid Program			Studio 3
12:00 PM	Chair Yoga	Silver Sneakers Classic		Silver Sneakers Classic		North Studio
2:00 PM	Rock Steady Boxing sPaid Program		Rock Steady Boxing sPaid Program		Rock Steady Boxing sPaid Program	Cycling Arena
5:00 PM		Corebar				Lower Gym Deck
5:30 PM	Body Pump	Body Pump		Body Pump		
6:30 PM		Martial Arts sPaid Program		Martial Arts sPaid Program		