

Fitness Edge Studio

May 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1 5:15am The Edge/SFC 8:30am Silver Sneakers/CN	2 6:00 am Rise and Shine SFC
3	4 5:15am Butts and Guts/SC 8:30am Silver Sneakers/CN 10:00 am Silver Sneakers/CN 6:00 pm Zumba/KD	5 Cinco de Mayo 5:15 am Circuit/Cardio/Strength JB 6:00 pm HIIT with Shelby	6 5:15am The Edge/SFC 8:30am Silver Sneakers/CN 10: 00 am Silver Sneakers/CN	7 5:15am Cardio Circuit/Shelby 6:00 pm Total Body w/Josh	8 5:15am The Edge/SFC 8:30am Silver Sneakers/CN	9 6:00 am Rise and Shine SFC
10 Mother's Day	11 5:15am Butts and Guts/SC 8:30am Silver Sneakers/CN 10:00 am Silver Sneakers/NC 6:00 pm Zumba/KD	12 5:15 am Circuit/Cardio/Strength JB 6:00 pm HIIT with Shelby	13 5:15am The Edge/SFC 8:30am Silver Sneakers/CN 10: 00 am Silver Sneakers/CN	14 5:15am Cardio Circuit/Shelby 6:00 pm Total Body w/Josh	15 5:15am The Edge/SFC 8:30am Silver Sneakers/CN	16 Armed Forces Day 6:00 am Rise and Shine SFC
17	18 5:15am Butts and Guts/SC 8:30am Silver Sneakers/NC 10:00 am Silver Sneakers/NC 6:00 pm Zumba/KD	19 5:15 am Circuit/Cardio/Strength JB 6:00 pm HIIT with Shelby	20 5:15am The Edge/SFC 8:30am Silver Sneakers/NC 10: 00 am Silver Sneakers/NC	21 5:15am Cardio Circuit/Shelby 6:00 pm Total Body w/Josh	22 5:15am The Edge/SFC 8:30am Silver Sneakers/CN	23 6:00 am Rise and Shine SFC
24 Pentecost	25 Memorial Day 5:15am Butts and Guts/SC 9:00 am Silver Sneakers/CN	26 5:15 am Circuit/Cardio/Strength JB 6:00 pm HIIT with Shelby	27 5:15am The Edge/SFC 8:30am Silver Sneakers/CN 10: 00 am Silver Sneakers/NC	28 5:15am Cardio Circuit/Shelby 6:00 pm Total Body w/Josh	29 5:15am The Edge/SFC 8:30am Silver Sneakers/CN	30 6:00 am Rise and Shine SFC
31	1	Notes				