

**May, 2025**  
**Fit-Time for Women**  
**GROUP FITNESS SCHEDULE**

		9:00 - 10:00	10:30 - 11:30	12:00 - 1:00	1:15 - 2:15	5:00 - 6:00
<b>MONDAY</b>	<b>Class Instructor</b>	<b>Dance Bayley</b>	<b>Strength Worx Bayley</b>	<b>Chair Yoga Rebe</b>		<b>ZUMBA Angela</b>
<b>TUESDAY</b>	<b>Class Instructor</b>	<b>Morning Mashup Melanie</b>	<b>Arthritis Class Rebe</b>	<b>Strength, Balance &amp; Coordination Barbara</b>	<b>Volleyball</b>	<b>YOGA Rebe</b>
<b>WEDNESDAY</b>	<b>Class Instructor</b>	<b>Dance Eden</b>	<b>Yoga for Mobility Jaime</b>	<b>Silver Sneakers Barbara</b>		<b>Strength &amp; Conditioning Jacquie</b>
<b>THURSDAY</b>	<b>Class Instructor</b>	<b>Weights and More Lisa</b>	<b>FUNctuality!!!! Eden</b>	<b>Strength, Balance &amp; Coordination Barbara</b>	<b>Volleyball</b>	
<b>FRIDAY</b>	<b>Class Instructor</b>	<b>World Dance Eden</b>	<b>Yogalates Barbara</b>	<b>Silver Sneakers Barbara</b>		
<b>SATURDAY</b>	<b>Class Instructor</b>	<b>Warrior Cardio Lisa</b>	<b>YOGA Rebe</b>			