




May 2017 Group Exercise Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Non-member drop-in rate is only \$5! And, your very first class is FREE!</p>	<p>1</p> <p>9:15 am Boot Camp- Vickie</p> <p>6:00 pm Zumba@ Kids Joy</p> <p>6:30 pm Cycling - Liza</p>	<p>2</p> <p>9:15 am Zumba@- Paula</p> <p>5:30 pm Yoga – Sharon</p> <p>6:30 pm Zumba@ -Kristen</p>	<p>3</p> <p>5:30 am Cycling –Cara</p> <p>9:15 am Tabata & Toning Liza</p>	<p>4</p> <p>10:30 am Mat Pilates Elaine</p> <p>5:30 pm Cycling – Mandy</p> <p>6:30 pm Zumba@ -Kristen</p>	<p>5</p> <p>10:30 am Line Dancing (advanced) Liza</p> <p>11:30 am Line Dancing (beginner 30 min) Liza</p> 	<p>6</p> <p>8:00 am Step- Vickie</p> <p>9:15 am Barre Blend Steph</p> <p>9:30 am Cycling – Ilene</p>
<p>7</p> <p>8:15 am Cycling – Liza</p> <p>8:30 am HIIT- Dennis</p> <p>9:30 am Zumba@ - Joy</p> <p>* Zumba Kids classes are 30 minutes</p>	<p>8</p> <p>9:15 am Boot Camp- Vickie</p> <p>6:00 pm Zumba@ Kids Joy</p> <p>6:30 pm Cycling - Ilene</p>	<p>9</p> <p>9:15 am Zumba@- Paula</p> <p>5:30 pm Yoga – Sharon</p> <p>6:30 pm Zumba@ -Kristen</p>	<p>10</p> <p>5:30 am Cycling -Hannah</p> <p>9:15 am Tabata & Toning Liza</p>	<p>11</p> <p>10:30 am Mat Pilates Elaine</p> <p>5:30 pm Cycling – Mandy</p> <p>6:30 pm Zumba@ -Kristen</p>	<p>12</p> <p>10:30 am Line Dancing (advanced) Liza</p>	<p>13</p> <p>8:00 am Tabata & Toning Vickie</p> <p>9:15 am Barre Blend Steph</p> <p>9:30 am Cycling- Mandy</p>
<p>14</p> <p>8:15 am Cycling – Liza</p> <p>8:30 am HIIT- Dennis</p> <p>9:30 am Zumba@- Joy</p> 	<p>15</p> <p>9:15 am Boot Camp- Vickie</p> <p>6:00 pm Zumba@ Kids Joy</p> <p>6:30 pm Cycling - Ilene</p>	<p>16</p> <p>9:15 am Zumba@- Paula</p> <p>5:30 pm Yoga – Sharon</p> <p>6:30 pm Zumba@ -Kristen</p>	<p>17</p> <p>5:30 am Cycling -Cara</p> <p>9:15 am Tabata & Toning Liza</p>	<p>18</p> <p>10:30 am Mat Pilates Elaine</p> <p>5:30 pm Cycling – Mandy</p> <p>6:30 pm Zumba@ -Joy</p>	<p>19</p> <p>10:30 am Line Dancing (advanced) Liza</p> <p>11:30 am Line Dancing (beginner 30 min) Liza</p>	<p>20</p> <p>8:00 am Step- Vickie</p> <p>9:30 am Cycling- Jim</p>
<p>21</p> <p>8:15 am Cycling – Liza</p> <p>8:30 am HIIT- Dennis</p> <p>9:30 am Zumba@ - Joy</p>	<p>22</p> <p>9:15 am Boot Camp- Vickie</p> <p>6:00 pm Zumba@ Kids Joy</p> <p>6:30 pm Cycling - Liza</p>	<p>23</p> <p>9:15 am Zumba@- Paula</p> <p>5:30 pm Yoga – Sharon</p> <p>6:30 pm Zumba@ -Kristen</p>	<p>24</p> <p>5:30 am Cycling -Hannah</p> <p>9:15 am Tabata & Toning Liza</p>	<p>25</p> <p>10:30 am Mat Pilates Elaine</p> <p>5:30 pm Cycling – Ilene</p> <p>6:30 pm Zumba@ -Kristen</p>	<p>26</p> <p>10:30 am Line Dancing (advanced) Liza</p>	<p>27</p> <p>8:00 am Tabata & Toning Vickie</p> <p>9:30 am Cycling- Ilene</p>
<p>28</p> <p>8:15 am Cycling – Liza</p> <p>8:30 am HIIT- Dennis</p> <p>9:30 am Zumba@ - Joy</p>	<p>29 gym open 8-12 noon</p> <p>8:30 am Step- Vickie</p> <p>10:30 am Cycling – Liza</p> 	<p>30</p> <p>9:15 am Zumba@- Paula</p> <p>5:30 pm Yoga – Sharon</p> <p>6:30 pm Zumba@ -Kristen</p>	<p>31</p> <p>5:30 am Cycling -Cara</p> <p>9:15 am Tabata & Toning Liza</p>	<p>www.progressfitnesspa.com</p> <p>717-972-0322</p> <p>2201 Paxton Church Road</p>		