



| Day | Time | Location | Class | Instructor |
|-------------------------------------|-----------------|----------|---|----------------------|
| Monday 5/18 | | | | |
| Canceled | 8:00-9:00 AM | ZOOM | Qigong: Moving Meditation | Gari |
| Canceled | 8:00-9:00 AM | Studio | Pilates for Everyone | Alexandra |
| | 9:30-10:30 AM | Studio | Strong & Stable | Nicole |
| Tuesday 5/19 | | | | |
| | 6:00-7:00 AM | Studio | PEAK Fitness | Nicole |
| | 8:00 - 9:00 AM | Studio | Gentle Slow Flow Yoga | Anthony |
| | 9:30 - 10:30 AM | Studio | HIIT | Lauren |
| Wednesday 5/20 | | | | |
| Canceled | 8:00-9:00 AM | ZOOM | Qigong: Moving Meditation | Gari |
| Canceled | 8:00-9:00 AM | Studio | Cycling + Upper Body Strength | Susan |
| | 9:15-10:15 AM | Studio | Gentle Slow Flow Yoga | Anthony (sub) |
| Thursday 5/21 | | | | |
| | 6:00-7:00 AM | Studio | PEAK Fitness | Gavin |
| Canceled | 7:30-8:30 AM | Studio | Vinyasa Flow Yoga | Shelly |
| | 9:30-10:30 AM | Studio | Pilates for Everyone | Johnna |
| | 12:00 - 1:00 PM | Studio | Dynamic Conditioning | Gavin |
| | 4:00 - 5:15 PM | Studio | MFR + Recovery Yoga | Lindsay |
| | 5:30 - 6:30 PM | Lap Pool | Master Swim | Dave |
| Friday 5/22 | | | | |
| NEW! Pop Up | 7:30-8:30 AM | Gym | Complimentary Gym Training Session | Gavin |
| Canceled | 8:00-9:00 AM | Studio | Gentle Slow Flow Yoga | Shelly |
| | 9:30 - 10:30 AM | Studio | Cycle + Strength | Mellie |
| Saturday 5/23 | | | | |
| No classes - Happy Saturday! | | | | |
| Sunday 5/24 | | | | |
| | 4:30 - 5:30 PM | Studio | Restore & Renew Yoga | Lindsay (sub) |