

arbor fit club

May

All GroupX classes are FREE with your AFC membership or \$15 drop-in fee!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 10:00a Cycle Beth B. 11:30a DanceFit Victoria 1:00p Yoga Diane 4:00p Bodypump Mara	1 6:00a Bootcamp Brent 9:00a Cycling Jill 5:30p Bodypump Beth 6:30p DanceFit Micheline	2 6:30a BodyPump Cindy 12:00p Cycle Jill 5:30p Cycle Laqueeta 6:35p Bodypump Brandi 7:40p Yoga Eliza	3 6:00a Bootcamp Lark 9:00a Bodypump Erica 10:10a PiYo Erica 5:30p Bodypump Beth 6:30p DanceFit Micheline	4 6:30a Bodypump Nina 12:00p Cycle Jill 5:30p Bodypump Cindy 6:30p Cycle Beth B. 7:30p Yoga Diane	5 6:00a Bootcamp Lark 9:00a Cycle Michael A. 5:30p Bodypump Nina	6 8:00a Bodypump Mara 9:05a Cycle Julie 10:10a Bodypump Cindy 11:30a Zumba Lark
7 10:00a Cycle Beth B. 11:30a DanceFit Victoria 1:00p Yoga Diane 4:00p Bodypump Mara	8 6:00a Bootcamp Brent 9:00a Cycling Jill 5:30p Bodypump Beth 6:30p DanceFit Micheline	9 6:30a BodyPump Cindy 12:00p Cycle Jill 5:30p Cycle Laqueeta 6:35p Bodypump Brandi 7:40p Yoga Eliza	10 6:00a Bootcamp Lark 9:00a Bodypump Erica 10:10a PiYo Erica 5:30p Bodypump Beth 6:30p DanceFit Kelly	11 6:30a Bodypump Nina 12:00p Cycle Jill 5:30p Bodypump Brandi 6:30p Cycle Beth B. 7:30p Yoga Diane	12 6:00a Bootcamp Lark 9:00a Cycle Michael A. 5:30p Bodypump Nina	13 8:00a Bodypump Cindy 9:05a Cycle Meredith 10:10a Bodypump Mara 11:30a Zumba Lark
14 11:30a DanceFit Victoria 1:00p Yoga Diane 4:00p Bodypump Mara	15 6:00a Bootcamp Brent 9:00a Cycling Jill 5:30p Bodypump Beth 6:30p DanceFit Micheline	16 6:30a BodyPump Cindy 12:00p Cycle Jill 5:30p Cycle Laqueeta 6:35p BodyPump Brandi 7:40p Yoga Eliza	17 6:00a Bootcamp Lark 9:00a Bodypump Erica 10:10a PiYo Erica 5:30p Bodypump Beth 6:30p DanceFit Kelly	18 6:30a Bodypump Nina 12:00p Cycle Jill 5:30p Bodypump Brandi 6:30p Cycle Beth B. 7:30p Yoga Diane	19 6:00a Bootcamp Lark 9:00a Cycle Michael A. 5:30p Bodypump Brandi	20 8:00a Bodypump Mara 9:05a Cycle Julie 11:30a Zumba Lark
21 10:00a Cycle Beth B. 11:30a DanceFit Victoria 1:00p Yoga Diane 4:00p Bodypump Mara	22 9:00a Cycling Jill 5:30p Bodypump Beth 6:30p DanceFit Micheline	23 6:30a BodyPump Cindy 12:00p Cycle Jill 5:30p Cycle Laqueeta 6:35p Bodypump Brandi 7:40p Yoga Eliza	24 6:00a Bootcamp Lark 9:00a Bodypump Erica 10:10a PiYo Erica 5:30p Bodypump Beth 6:30p DanceFit Kelly	25 6:30a Bodypump Nina 12:00p Cycle Jill 5:30p Bodypump Brandi 6:30p Cycle Beth B. 7:30p Yoga Diane	26 6:00a Bootcamp Lark 9:00a Cycle Michael A. 5:30p Bodypump Brandi	27 8:00a Bodypump Cindy 9:05a Cycle Julie 10:10a Bodypump Mara 11:30a Zumba Maria
28 10:00a Cycle Beth B. 11:30a DanceFit Victoria 1:00p Yoga Diane 4:00p Bodypump Mara	29 HAPPY MEMORIAL DAY 9:00a Cycling Jill 10:15a Bodypump Beth Club Hrs: 7 a.m. - 2 p.m.	30 6:30a BodyPump Cindy 12:00p Cycle Jill 5:30p Cycle Laqueeta 6:35p Bodypump Brandi 7:40p Yoga Eliza	31 6:00a Bootcamp Lark 9:00a Bodypump Erica 10:10a PiYo Erica 5:30p Bodypump Beth 6:30p DanceFit TBD			