





May Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 – 7:30AM		Group Cycle* Andy	Strength & Yoga* Karina	Group Cycle* Debra			
8:15 – 9:10AM		M-Power Andrea 			7:45 – 9:10 Group Cycle* Dorota	8:00 – 8:55 Tough n Tone Andrea	8:00 – 8:55 Boot Camp* Carina
9:15 – 10:10AM	Group Cycle* Sandy	Skinny Jeans Workout* Trina	Cardio, Core* and More Brittany	M-Power* Gudrun	Group Cycle* Lance	9:00 – 10:00 Group Cycle* Gayle	9:00 – 10:00 Group Cycle* Alanna
10:15 – 11:10AM	Boot Camp Leigh	Group Cycle* Lance	Group Cycle* Chris	M-Power* Gudrun	M-Fusion Gudrun	10:15 – 11:10 M-Fusion* Donna/Antoinette	10:15 – 11:20 Yoga and Meditation Zahra
11:15 – 12:10PM	11:00 – 11:45 Intro to Gravity* Andy		Boot Camp Al	10:15 – 10:45 Intro to TRX* Carol	Skinny Jeans Workout* Trina	11:15 – 12:10 Group Cycle* Tanya	
2:00 – 2:55PM	1:45 – 2:30 M-Power Clarisse 		Skinny Jeans Workout* Trina	Zumba Carol		<p><i>Classes with an asterisks (*) are available for online sign-up up to 50 hours in advance.</i></p> <p><i>Booked class spots become available if a member does not show up within 5 minutes of the class start time.</i></p> <p>www.embodyfitnessclubs.com</p>	
6:00 – 6:55PM	Stretch and Strength* Josette	Group Cycle* Chris	M-Power Robert	Group Cycle* and Abs Alanna			
7:00 – 7:55PM	Cardio, Core* and More Carina	Hatha Yoga Ann-Marie	Power Pilates Karina				