



May 2025

	MON	TUE	WED	THURS	FRI	SAT
0700-0800	0700 Studio Pilates w/ Lizzie	0640 Strength Training *FREE* w/ Zamora (Meet Side Turf) No class May 27th	0640 Yoga Stretching Mobility with Zamora GF1 No class May 26th 0700 Reformer Pilates w/ Lizzie (Pilates Studio)	0640 Endurance & HIIT *FREE* w/Zamora (Side Turf) No class May 1st; 21st; 22nd	0900 Reformer Pilates (Reformer room w/ Laura)	
0900	0900 Reformer Pilates w/ Laura (Reformer Room)		0900 Reformer Pilates w/ Lizzie (Pilates Studio) 0915-1015 SLAM (B-Ball / Track)	0915-1015SLAM (B-Ball / Track)	1030 Reforma Pilates w/ Laura (Pilates Studio) SLAM 9:15-1015 (B-Ball / Track)	
1000	1000-1100 Zumba w/ Charmaine GF1 Room No class May 26th 1000 Reformer Pilates w/ Laura (Reformer room) No classes May 26th 1100 Reformer Pilates w/Laura (Reformer Room)	1030 Reformer Pilates w/ Laura 1100 Fit Yoga FREE w/Raluca 45 Min (GF1) No classes May 20th 1130 Reformer Pilates w/ Laura No classes May 27th	1000-1100 Zumba w/ Charmaine GF1 Room		1130 Reforma Pilates w/ Laura (Pilates Studio)	
1200-1500	1205 w/Alessandra Cardio Strength GF1 1200 Spin Class GF2 w/ Amy No classes May 5th and 26th 1230 Barre and Springboard Pilates w/Laura (Reformer Room) No class May 26th 1430 Barre and Springboard Pilates w/Laura (Reformer Room) No classes May 26th	1200 Kettlebell w/ Isabella (GF1)  Personal Training Services Barbara Todescato 	1200 Spin Class GF2 w/ Amy (no class on May 7th)  12:05 Cardio Strength w/Alessandra (GF1)	1200 Kettlebell w/ Isabella (GF1)  TRX w/Barbara May 22nd and 29th 1315	12:05 Cardio Strength w/Alessandra GF1 1230 Studio Pilates w/ Laura (Pilates Studio) 1400 Studio Pilates w/ Laura (Pilates Studio)	Get your private locker for only \$15 per month. See front desk for more info 
1600-1800	1630 Springboard Pilates (Pilates Studio w/ Lizzie) 1730 Springboard Pilates (Pilates Studio w/ Lizzie)	1730 Zumba w/Michelle (GF1) no classes May 1st	1630 Reformer Pilates w/ Lizzie (Pilates Studio) 1730 Reformer Pilates w/ Lizzie (Pilates Studio) 1700 Align and Flow Yoga w/Regan (GF1)	1730 Zumba w/Michelle (GF1) (no classes May 1st)	Personal Training Services Martina Bedin 	
1800-2000	1800 Zumba *FREE* w/Sara (GF1) No class May 12th Karate 1800-1900 w/ Matthew Combatives Room No class May 19th		1800 Zumba *FREE* w/Sara (GF1) No class May 14th	Fitness Center Hours Access 24/7 Front Desk Mon-Fri 0530-2000 Saturday 0900-1700 Sunday 1000-1700 Federal Holidays Closed Phone # 0444 714467 DSN 646 4467	Karate 1800-1900 w/Matthew (Combatives Room)	Personal Training Services Regan Shifflett 