



MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:15 am SIMINE BARRE CARDIO GYM	5:30-6:00am JAMIE B. PILATES STUDIO	5:30-6:30am JAMIE B. TRIPLE FIT GYM	5:30-6:00am JAMIE B FUNCTIONAL FITNESS GYM	8:15-9:15 JANIE TRIPLE FIT GYM	8:00-8:30am JAMIE M GRIT GYM
7:15-8:00am&8:15-9:00am MATRIX CIRCUIT WELLNESS FLOOR	8:00-8:45am JULIE SCULPT & STRETCH STUDIO	8:15-9:15am BRANDI CIRCUIT TRAINING STUDIO	8:15-9:00am MATRIX CIRCUIT WELLNESS FLOOR	8:15-9:15am JULIE SCULPT & STRETCH STUDIO	8:45-9:45am HEATHER BODY BALANCE STUDIO
9:30-10:00am JAMIE M. GRIT STRENGTH GYM	8:15-9:00am MATRIX CIRCUIT WELLNESS FLOOR	7:15-8:00am&8:15-9:00am MATRIX CIRCUIT WELLNESS FLOOR	8:30-9:30am MOLLIE BFIT GYM	7:15-8:00am&8:15-9:00am MATRIX CIRCUIT WELLNESS FLOOR	10:00-11:00am BECCA BODY PUMP STUDIO
9:30-10:30am JESSICA BODY PUMP STUDIO	8:30-9:30am MOLLIE BFIT GYM	8:15-8:45am JAMIE B. STEP GYM	9:00-9:30am JESSICA CARDIO BURN STUDIO	9:30-10:00am LILLIE FUNCTIONAL FITNESS GYM	
10:15-11:15am LIZ YOGA GYM	9:00-9:30am JESSICA BODY PUMP STUDIO	9:00-10:00am SIMINE BARRE GYM	9:45-10:45am JESSICA BODY BALANCE STUDIO	9:30-10:30am HILARY HIP HOP FITNESS STUDIO	
11:15am-12:15pm AUTUMN SILVER STRENGTH & BALANCE	9:45-10:15am JAMIE M. FUNCTIONAL FITNESS GYM	9:30-10:00am AMANDA M GRIT CARDIO STUDIO	9:45-10:45am CASEY BODY PUMP GYM	10:15-11:15am AUTUMN PILATES GYM	
11:30am-12:30pm PENNY SILVER SNEAKERS MSROM GYM	9:45-10:45am DONNA BODY BALANCE STUDIO	10:15-11:15am AUTUMN PILATES GYM	11:00-11:30am KIM BEGINNER LINE DANCING GYM	11:30am-12:30pm MOLLIE SENIOR GOLD GYM	
1:00-2:00pm SHELLEY CHAIR YOGA GYM	11:00-11:30am KIM BEGINNER LINE DANCING GYM	11:15am-12:15pm PENNY SILVER STRENGTH & BALANCE STUDIO	11:30am-12:30pm KIM LINE DANCING GYM		
1:00-2:00pm JAMIE P. ZUMBA GOLD STUDIO	11:30am-12:30pm KIM LINE DANCING GYM	11:30am-12:30pm AUTUMN SILVER SNEAKERS GYM	1:00-2:00pm DEB CHAIR YOGA GYM	SPIN SCHEDULE	
4:15-5:15pm CASEY BODY PUMP GYM	1:00-2:00pm DEB CHAIR YOGA GYM	4:45-5:15pm JAMIE B PILATES STUDIO	1:00-2:00pm JAMIE P. ZUMBA GOLD STUDIO		
5:00-6:00pm HILARY HIP HOP FITNESS STUDIO	4:45-5:45pm JAMIE B. GROUP STRENGTH GYM	5:30-6:30pm PAIGE BOOTCAMP GYM	4:30-5:30pm JANIE BODY PUMP GYM	TUESDAY	8:15-9:00am JORDYN *SPIN & TONE 6:00-6:45pm LAUREN
6:15-7:15pm HEATHER- STRONGER AFTER BREAST CANCER STUDIO	6:00-7:00pm MARIE YOGA STUDIO	5:30-6:30pm JAMIE B STEP STUDIO	5:00-5:30pm AMANDA GRIT STUDIO	WEDNESDAY	8:15-8:45am SIMINE
6:45-7:45pm ADRIANA ZUMBA GYM	7:15-8:00pm JEANNE RESISTANCE BLAST STUDIO	6:45-7:45pm ANDREW DANCE CARDIO STUDIO	5:00-5:45pm JAMIE BARRE STRENGTH UPSTAIRS	THURSDAY	8:15-9:00am SIMINE 5:45-6:15pm AMANDA
			5:30-6:30pm LINE DANCING STUDIO	FRIDAY	8:30-9:30am NARCISSA
			6:45-7:45pm DORTHY ZUMBA STUDIO	SATURDAY	9:15-9:45 ROTATING INSTRUCTORS