



# MAY

## Group Exercise Schedule

	<i>TIME</i>	<i>CLASS</i>	<i>INSTRUCTOR</i>	<i>LOCATION</i>
<b>MON</b>	5:45-6:30 AM	<b>Boot Camp</b>	Jameelah	Studio
	9:00-10:00	★ <b>Basic Arthritis Water</b>	Eloise	Pool
	4:00-4:30 PM	★ <b>Kids Fitness ages 4-11</b>	Lorraine	Studio
	5:15-6:10	★ <b>Hip Hop Funk</b>	Lorraine	Studio
	6:15-7:10	<b>Group Cycling</b>	Jameelah	Activity Room 2
	6:15-7:10	<b>Step Challenge</b>	Cedric/Darrell	Studio
	7:15-7:35	★ <b>Abs/Cool Down</b>	Cedric/Darrell	Activity Room 1
	7:15-7:55	<b>Body Sculpting</b>	Jameelah	Studio
<b>TUE</b>	5:45-6:45 AM	<b>Step n Sculpt</b>	Jameelah	Studio
	9:30-10:30	<b>Group Cycling</b>	Elfreda	Activity Room 2
	10:15-11:15	★ <b>Senior Chair Aerobics</b>	Danielle	Activity Room 1
	5:05-5:30 PM	<b>Extreme Abs</b>	Jameelah	Studio
	5:40-6:40	★ <b>Extreme Body Sculpt</b>	Jameelah	Studio
	6:45-7:25	★ <b>Zumba</b>	Shaheedah	Studio
	6:30-7:15	<b>Water Aerobics</b>	Eloise	Pool
	6:30-7:15	<b>Group Cycling</b>	Kimberly	Activity Room 2
7:25-7:55	<b>Fitness Pilates</b>	Jameelah	Studio	
<b>WED</b>	5:45-6:45 AM	<b>Group Cycling</b>	Darrell	Activity Room 2
	9:10-10:10	★ <b>Cardio Combo</b>	ElFreda	Studio
	10:15-11:15	★ <b>Senior Water Aerobics</b>	Ranette/ElFreda	Pool
	11:20-12:20	★ <b>Senior Fitness</b>	Ranette/Shaheedah	Activity Room 1
	5:20-6:25 PM	<b>Step Challenge</b>	Cedric	Studio
	6:15-7:10	<b>Group Cycling</b>	Jameelah	Activity Room 2
	6:30-7:30	★ <b>Pilates/Hi-Lo</b>	Monique	Activity Room 1
	6:30-7:10	★ <b>Hip Hop Funk</b>	Lorraine	Studio
7:15-7:55	<b>Body Sculpt</b>	Jameelah	Studio	
<b>THUR</b>	5:45-6:45 AM	<b>Body Sculpt</b>	Jameelah	Studio
	9:10-10:10 AM	<b>Cardio Combo</b>	Monique	Studio
	10:15-11:15	★ <b>Zumba</b>	Shaheedah	Studio
	10:20-11:20	★ <b>Senior Chair Aerobics</b>	Danielle	Activity Room 1
	5:05-5:30 PM	★ <b>Abs Only</b>	Jameelah	Studio
	5:40-6:40	<b>Extreme Body Sculpt</b>	Jameelah	Studio
	6:50-7:55	<b>Group Cycling</b>	Amanda/Tina	Activity Room 2
	6:50-7:30	★ <b>Pilates and More</b>	Jameelah	Studio
7:30-7:55	★ <b>Stretch and More</b>	Jameelah	Studio	
<b>FRI</b>	5:45-6:45 AM	<b>Group Cycling</b>	Jameelah	Activity Room 2
	6:00-6:55 PM	★ <b>Cardio Combo</b>	Altheia	Studio
<b>SAT</b>	9:10-11:00AM	<b>Step Sculpt Abs</b>	Cedric/Darrell	Studio
	9:10- 10:25	<b>Group Cycling</b>	Darrell	Activity Room 2

Any class with a ★ next to it is appropriate for someone new to group exercise or anyone in THE COACH APPROACH ®. For additional information please contact Jameelah, our Aerobics Coordinator, at 404.488.8507 (cell). Note: Schedule and instructors may rotate without prior notice.