





SAC Group Fitness Schedule

MAY 2026

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<p>★ = new class format/time X = canceled class See Reverse for Class Descriptions Group Fitness Coordinator Ruth Edwards</p>					1 5:45am Power Pedal - Jarrett 9:30am- Strength+cardio+stretch - Amanda	2 8:30 am Bootcamp - Nike 9:30am Footloose Dance Party 
3 10:30am Cardio Kick - Mandy 11:00am - Core & Restore (stretch) - Mandy	4 5:45am Spin - Jarrett 9:30am Aquafit -Gail 5:30pm Zumba Hour - Gabriela 6:35pm Deep Stretch/Mobility - Amanda	5 5:30am Metabolic Charge - Britt 9:30am Pilates Sculpt - Ruth 9:30am Aquafit -Fred 10:45am BA Seniors - Ruth 5:45pm Strength - Lori	6 5:45am Spin - Jarrett 8:30am Barre - Amanda 9:30am Aquafit -Fred 5:45pm Zumba - Gabriela 6:00pm Aquafit - Gail X 6:35pm NO Yoga	7 5:45am HIIT-bata - Lori S 9:30am Strength -Ruth 9:30am Aqua w/o - Doug 10:45am BA Seniors - Ruth 5:45pm Barre - Mary Kate X 6:30pm NO Spin	8 5:45am Power Pedal - Jarrett 9:30am- Strength+cardio+stretch - Amanda 9:30am Aquafit -Fred	9 8:30 am Bootcamp - Nike 9:30am Cardio - Amanda 10:00am Core & Stretch - Amanda
10 10:30am Cardio Kick - Mandy 11:00am - Core & Restore (stretch) - Mandy	11 5:45am Spin - Jarrett 9:30am Aquafit -Gail 5:30pm Zumba Hour - Gabriela 6:35pm Deep Stretch/Mobility - Amanda	12 5:30am Metabolic Charge - Britt 9:30am Pilates Sculpt - Ruth 9:30am Aquafit -Fred 10:45am BA Seniors - Ruth 5:45pm Strength - Lori	13 5:45am Spin - Lori 8:30am Barre - Amanda 9:30am Aquafit -Fred 5:45pm Zumba - Gabriela 6:00pm Aquafit - Gail 6:35pm Yoga - Margaret	14 5:45am HIIT-bata - Lori S 9:30am Strength -Ruth 9:30am Aqua w/o - Doug 10:45am BA Seniors - Ruth 5:45pm Barre - Mary Kate 6:30pm Spin - Nike	15 5:45am Power Pedal - Jarrett 9:30am- Strength+cardio+stretch - Amanda 9:30am Aquafit -Fred	16 8:30 am Bootcamp - Nike 9:30am Cardio - Amanda 10:00am Core & Stretch - Amanda 10:35am Glow Party Zumba - Gabriela
17 10:30am Cardio Kick - Mandy 11:00am - Core & Restore (stretch) - Mandy	18 5:45am Spin - Jarrett 9:30am Aquafit -Gail 5:30pm Zumba Hour - Gabriela 6:35pm Deep Stretch/Mobility - Amanda	19 5:30am Metabolic Charge - Britt 9:30am Pilates Sculpt - Ruth 9:30am Aquafit -Fred 10:45am BA Seniors - Ruth 5:45pm Strength - Lori	20 5:45am Spin - Jarrett 8:30am Barre - Amanda 9:30am Aquafit -Fred 5:45pm Zumba - Gabriela 6:00pm Aquafit - Gail 6:35pm Yoga - Margaret	21 5:45am HIIT-bata - Lori S X 9:30am NO Strength 9:30am Aqua w/o - Doug X 10:45am NO BA Seniors 5:45pm Barre - Mary Kate 6:30pm Spin - Nike	22 5:45am Power Pedal - Jarrett 9:30am- Strength+cardio+stretch - Amanda 9:30am Aquafit -Fred	23 8:30 am Bootcamp - Nike X 9:30am NO Cardio X 10:00am NO Core & Stretch
24 X 10:30am NO Cardio Kick X 11:00am NO Core & Restore 10:30am Cardio Kick - Mandy 11:00am - Core & Restore - Mandy	25 5:45am Spin - Jarrett 9:30am X NO Aquafit X  Gym closes at 6 pm	26 5:30am Metabolic Charge - Britt X 9:30am NO Pilates Sculpt 9:30am Aquafit -Fred X 10:45am NO BA Seniors 5:45pm Strength - Lori	27 5:45am Spin - Jarrett 8:30am Barre - Amanda 9:30am Aquafit -Fred 5:45pm Zumba - Gabriela 6:00pm X NO Aquafit X 6:35pm Yoga - Margaret	28 5:45am HIIT-bata - Lori S X 9:30am NO Strength 9:30am Aqua w/o - Doug X 10:45am NO BA Seniors 5:45pm Barre - Mary Kate 6:30pm Spin - Nike	29 5:45am Power Pedal - Jarrett 9:30am- Strength+cardio+stretch - Amanda 9:30am Aquafit -Fred	30 8:30 am Bootcamp - Nike 9:30am Cardio - Amanda 10:00am Core & Stretch - Amanda 10:35am Zumba - Gabriela