

# 2025 MAY

## AEROBICS CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
				01 9 AM Power Pump 11 AM TBC 5:15 PM HIIT 6:30 PM Zumba	02 9 AM Bootcamp	03
04	05 9 AM Bootcamp 11 AM HIIT 5:15 PM Spin	06 9 AM Flex & Stretch 11 AM TBC 5:15 PM HIIT	07 5:30 AM Triple Threat 9 AM Dance 11 AM Flex & Stretch 5:15 PM Spin	08 9 AM Power Pump 11 AM TBC 5:15 PM HIIT 6:30 PM Zumba	09 9 AM Bootcamp	10
11	12 9 AM Bootcamp 11 AM HIIT 5:15 PM Spin	13 9 AM Flex & Stretch 11 AM TBC 5:15 PM HIIT	14 5:30 AM Triple Threat 9 AM Dance 11 AM Flex & Stretch 5:15 PM Spin	15 9 AM Power Pump 11 AM TBC 5:15 PM HIIT 6:30 PM Zumba	16 9 AM Bootcamp	17
18	19 9 AM Bootcamp 11 AM HIIT 5:15 PM Spin	20 9 AM Flex & Stretch 11 AM TBC 5:15 PM HIIT	21 5:30 AM Triple Threat 9 AM Dance 11 AM Flex & Stretch 5:15 PM Spin	22 9 AM Power Pump 11 AM TBC 5:15 PM HIIT 6:30 PM Zumba	23 9 AM Bootcamp	24
25	26 9 AM Bootcamp 11 AM HIIT 5:15 PM Spin	27 9 AM Flex & Stretch 11 AM TBC 5:15 PM HIIT	28 5:30 AM Triple Threat 9 AM Dance 11 AM Flex & Stretch 5:15 PM Spin	29 9 AM Power Pump 11 AM TBC 5:15 PM HIIT 6:30 PM Zumba	30 9 AM Bootcamp	31

# CLASS LIST

Flex & Stretch	Focuses on strength training, while Stretch improves flexibility and releases tension.
TBC	(Total Body Conditioning): Comprehensive workout targeting all major muscle groups for overall strength and conditioning.
HIIT	(High-Intensity Interval Training): Fast-paced, intense intervals of cardio and strength to burn calories and build endurance.
Triple Threat	A powerful blend of cardio, conditioning, and flexibility to build strength, stamina, and mobility.
Dance	Energetic and rhythmic dance routines that provide a full-body workout while boosting coordination and mood.
Spin	Indoor cycling class focusing on endurance, speed, and strength for a heart-pumping ride.
Bootcamp	High-energy, full-body workout combining strength, cardio, and agility drills for maximum results.
Power Pump	Barbell-based strength training class inspired by Les Mills Body Pump, focusing on high-rep, low-weight exercises for total body toning.
Zumba	Fun, dance-based cardio workout set to upbeat music to improve fitness while having a blast.