

May 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:15 am Rockin Ride (IC) 12:30 pm-2:00 pm Open Gym 5:00 pm Core de Force 6:00 pm Pound* 7:15 pm Rockin Ride (IC)	2 5:15 am Rockin Ride (IC) 8:15 am Intervals Express 9:15 am Zumba Toning 12:15 pm Rockin Ride Express 5:00 pm Interval Weights 6:00 pm AMRAP Isometrics 7:15 pm Zumba	3 5:15 am Power Circuit* 8:15 am Strong by Zumba 9:15 am Stability Ball 10:15 am Rockin Ride (IC*) 5:30 pm Rockin Ride (IC)	4 7:00 am Rockin Ride (IC) 8:00 am Rockin Ride (IC) 9:00 am Zumba 10:30 am Zumbini
5 7:00 am Rockin Ride (IC) 8:00 am Stability Ball 9:00 am Strong by Zumba 10:15 am Rockin Ride (IC) 2:00 pm HIIT/Strength Mash up	6 8:15 am Intervals Express 9:15 am Zumba 12:15 pm Rockin Ride Express 5:00 pm Interval Weights 6:00 pm Rockin Ride (IC) 7:15 pm Fitness Fusion	7 5:15 am Rockin Ride (IC) 9:15 am Stability Ball 12:15 pm Zumba Fabulous 5:00 pm Ab Blast 6:00 pm BodyBeatz	8 9:15 am Rockin Ride (IC) 5:00 pm Core de Force 6:00 pm Pound* 7:15 pm Rockin Ride (IC)	9 5:15 am Rockin Ride (IC) 8:15 am Intervals Express 9:15 am Zumba Toning 12:15 pm Rockin Ride Express 5:00 pm Interval Weights 6:00 pm AMRAP Isometrics 7:15 pm Zumba	10 5:15 am Power Circuit* 8:15 am STRONG by Zumba 9:15 am Stability Ball 10:15 am Rockin Ride (IC) 5:30 pm Rockin Ride (IC)	11 7:00 am Rockin Ride (IC) 8:00 am Rockin Ride (IC) 9:00 am Zumba 10:30 am Zumbini
12 7:00 am Rockin Ride (IC) 8:00 am Stability Ball 9:00 am Strong by Zumba 10:15 am Rockin Ride (IC) 2:00 pm No class*	13 8:15 am Intervals Express 9:15 am Zumba 12:15 pm Rockin Ride Express 5:00 pm Interval Weights 6:00 pm Rockin Ride (IC) 7:15 pm Fitness Fusion	14 5:15 am Rockin Ride (IC) 9:15 am Stability Ball 12:15 pm Zumba Fabulous 5:00 pm Ab Blast 6:00 pm BodyBeatz	15 9:15 am Rockin Ride (IC) 5:15 pm AMRAP Isometrics* 6:00 pm Stability Ball* 7:15 pm Rockin Ride (IC)	16 5:15 am Rockin Ride (IC) 8:15 am Intervals Express 9:15 am Zumba Toning 12:15 pm Rockin Ride Express 5:00 pm Interval Weights 6:00 pm AMRAP Isometrics 7:15 pm Zumba	17 5:15 am Power Circuit* 8:15 am STRONG by Zumba 9:15 am Stability Ball 10:15 am Rockin Ride (IC) 5:30 pm Rockin Ride (IC)	18 7:00 am Rockin Ride (IC) 8:00 am Rockin Ride (IC) 9:00 am Zumba 10:30 am Zumbini
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26 7:00 am Rockin Ride (IC) 8:00 am Stability Ball 9:00 am Strong by Zumba 10:15 am Rockin Ride (IC) 2:00 pm No class*	27 8:15 am Intervals Express 9:15 am Zumba 12:15 pm Rockin Ride Express 5:00 pm Interval Weights 6:00 pm Rockin Ride (IC) 7:15 pm Fitness Fusion	28 5:15 am Rockin Ride (IC) 9:15 am Rockin Ride (IC) 12:15 pm Zumba Fabulous 5:00 pm Ab Blast 6:00 pm BodyBeatz	29 9:15 am Rockin Ride (IC) 5:00 pm Core de Force 6:00 pm Stability Ball* 7:15 pm Rockin Ride (IC)	30 5:15 am Rockin Ride (IC) 8:15 am Intervals Express 9:15 am Zumba Toning 12:15 pm Rockin Ride Express 5:00 pm Interval Weights 6:00 pm AMRAP Isometrics 7:15 pm Zumba	31 5:15 am Power Circuit* 8:15 am STRONG by Zumba 9:15 am Stability Ball 10:15 am Rockin Ride (IC) 5:30 pm Rockin Ride (IC)	

**Rockin Ride (IC) requires pre-registration. Visit www.fitnesswithfriendsgym.com and click on the "Zen Planner" button to reserve. Rockin Ride fee is \$8.00 per class. Rockin Ride Express is 6.00 per class. **Zumbini requires pre-registration.