



LEXINGTON MAY 2019 SCHEDULE

770-487-4273

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15a	Muscle Challenge <i>Gabe</i>	HITT <i>Kendall</i> <i>No class on 28th</i>	Muscle Fusion <i>Heidi</i>	Yoga for Athletes Express <i>Heidi</i>	Muscle Challenge <i>Mary Catherine</i>	
6:30a	Muscle Challenge <i>Brycie</i>	Freestyle Step <i>Brycie</i>				
8:15a	WQ Step <i>Linda</i>	POWER Vinyasa YOGA <i>Amber</i>	HIIT Express <i>Andi/Megan B</i>	WQ Transform <i>Lyndsay</i>	WQ Step <i>Linda</i>	WQ Sport <i>Nicole</i>
9:20a	MUSCLE CHALLENGE <i>Linda</i>	WQ Power Mix <i>Linda</i>	Pilates Mat Plus <i>Renee R.</i> <i>(Extended 75 min class)</i>	WQ Power Mix <i>Linda</i>	MUSCLE CHALLENGE <i>Carrie</i>	9:15am WQ Power <i>Nicole</i>
10:30a	ZUMBA fitness <i>Mike</i>	WQ Power Mix <i>Beth</i>	10:40am Senior Challenge Express <i>Thebither</i>	Heart Smart <i>Lois</i>	Heart Smart Muscle and Mind <i>Katie</i>	10:20am YOGA <i>Jennifer</i> <i>(75 min)</i>
11:30a	11:45am Senior Challenge <i>Thebither</i>	GENTLE YOGA <i>Anna</i>	POWER Vinyasa YOGA <i>Melinda</i>	GENTLE YOGA <i>Katie</i>	Pilates Mat Plus <i>Renee R.</i> <i>(Extended 75 min class)</i>	11:45am ZUMBA fitness <i>Alice</i>
4:30p	WQ Power <i>Tiffany/Claire</i>	4:15pm Yoga <i>Jennifer</i>		4:15pm WQ Transform <i>Lyndsay/Natalie</i>		
5:30p	HITT <i>Andi/Amber</i>	CARDIO SCULPT <i>Cathy A</i>	Muscle Fusion <i>Amber</i>	WQ Step <i>Tamara</i>		
6:30p	7pm: YOGA <i>Sue</i>	ZUMBA fitness <i>Meghan/Tatyana</i>	ZUMBA fitness <i>Alena</i>	ZUMBA fitness <i>Mike</i>		
7:30p			YOGA <i>Lindsay B</i>			

STUDIO "B"

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	**7:30am Yoga <i>Heidi</i>	9:20AM *SILVERSNEAKERS Classic <i>Julie</i>	**7am Yoga <i>Natalie</i>	9:20am Stretch <i>Lois</i>	**7am Restorative Yoga <i>Natalie</i>	
10:30am	Senior Challenge <i>Thebither</i>	10:25am Stretch <i>Julie</i>	*SILVERSNEAKERS Classic <i>Scott</i>	*SILVERSNEAKERS Classic <i>Natalie</i>	Senior Challenge <i>Thebither</i>	
11:45am	*SILVERSNEAKERS Classic <i>Heidi</i>		*SILVERSNEAKERS Classic <i>Natalie</i>	11:30am Chair Yoga <i>Natalie</i>	11:30am Senior Challenge <i>Thebither</i>	

AQUA SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15a	*AQUA FIT <i>Val</i>	*SWIMFIT <i>David</i>	*AQUA FIT <i>Mary Carol</i>	*SWIMFIT <i>David</i>	*AQUA FIT <i>Lois</i>	
9:15a	*WATER WORKS <i>Lisa</i>		*WATER WORKS <i>Lisa</i>		*WATER WORKS <i>Lois</i>	*WATER WORKS <i>Mary-Carol</i>
10:15a	*A LIGHTER SPLASH <i>Lisa</i>	*SILVERSPLASH <i>Margaret</i>	*A LIGHTER SPLASH <i>Rebecca</i>	*SILVERSPLASH <i>Lisa</i>		
5:30p	* WATER WORKS <i>LeeAnn</i>		* WATER WORKS <i>Mary Carol</i>	***Pool is closed for cleaning every Mon/Wed/Fri from 2:15pm-3:15pm		