

May



2026

“Summer’s coming — build the strength, confidence, and energy you’ve been chasing. It starts this May.”

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>KEY: Class Locations BLUE = POOL PURPLE = STUDIO A RED = STUDIO B</p>					<p>1 8:30AM Water Aerobics 8:30AM YOGA 10:00AM PILATES 6:00PM LAUNCH DAY!</p>	<p>2 9:30AM BODYSCULPT 10:45AM ZUMBA</p>
<p>3 GREEN WRITING = Class Cancellations OR Announcements</p>	<p>4 8:30AM Water Aerobics 6:00PM PILATES 7:30PM BODSQUAD</p>	<p>5 7:00AM RISE & RIDE 8:30AM AQUA HIIT 6:30PM Strike & Sculpt 7:30PM YOGA</p>	<p>6 9:00AM BARRE 6:15PM Water Aerobics 6:30PM ZUMBA 7:30PM DSKO</p>	<p>7 8:30AM Sun Strength 6:00PM PILATES 7:30PM BODSQUAD 7:30PM Aqua Combat</p>	<p>8 8:30AM Water Aerobics 8:30AM YOGA 10:00AM PILATES 6:00PM BODSQUAD</p>	<p>9 9:30AM BODYSCULPT 10:45AM ZUMBA</p>
<p>10</p>	<p>11 8:30AM Water Aerobics 6:00PM PILATES 7:30PM BODSQUAD</p>	<p>12 7:00AM RISE & RIDE 8:30AM AQUA HIIT 6:30PM Strike & Sculpt 7:30PM YOGA</p>	<p>13 9:00AM BARRE 6:15PM Water Aerobics 6:30PM ZUMBA 7:30PM DSKO</p>	<p>14 8:30AM Sun Strength 6:00PM PILATES 7:50PM BODSQUAD 7:30PM Aqua Combat</p>	<p>15 8:30AM Water Aerobics 8:30AM YOGA 10:00AM PILATES 6:00PM BODSQUAD</p>	<p>16 9:30AM BODYSCULPT 10:45AM ZUMBA 12:00pm BIKE101 GIVEAWAY EVENT!</p>
<p>17</p>	<p>18 8:30AM Water Aerobics 6:00PM PILATES 7:30PM BODSQUAD</p>	<p>19 7:00AM RISE & RIDE 8:30AM AQUA HIIT 6:30PM Strike & Sculpt 7:30PM YOGA</p>	<p>20 9:00AM BARRE 6:15PM Water Aerobics 6:30PM ZUMBA 7:30PM DSKO</p>	<p>21 8:30AM Sun Strength 6:00PM PILATES 7:30PM BODSQUAD NO AQUA COMBAT</p>	<p>22 8:30AM Water Aerobics 8:30AM YOGA 10:00AM PILATES 6:00PM BODSQUAD</p>	<p>23 9:30AM BODYSCULPT 10:45AM ZUMBA</p>
<p>24</p>	<p>25 GYM CLOSED FOR MEMORIAL DAY! NO GORUP FITNESS</p>	<p>26 7:00AM RISE & RIDE 8:30AM AQUA HIIT 6:30PM Strike & Sculpt 7:30PM YOGA</p>	<p>27 9:00AM BARRE 6:15PM Water Aerobics 6:30PM ZUMBA 7:30PM DSKO</p>	<p>28 8:30AM Sun Strength 6:00PM PILATES 7:30PM BODSQUAD 7:30PM Aqua Combat</p>	<p>29 8:30AM Water Aerobics 8:30AM YOGA 10:00AM PILATES 6:00PM BODSQUAD</p>	<p>30 9:30AM BODYSCULPT 10:45AM ZUMBA</p>

BODSQUAD: DAY 1 IS MAY 1! REGISTER BEFORE OR DAY OF! BODY COMPOSITION SCAN & PROGRESS CHECK-INS WILL BE WEEKLY.