

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

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