



GROUP EXERCISE MAY 2024

SCAN TO



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
NEW CLASS BOOTCAMP Monday 5:30pm Saturday 8:00am			6:00 HCC BETH F(gym)** 9:00 B&B PAM 10:15 M&G TRACY 11:15 SS NANCY 4:15 PS ASHLEY 5:30 B&B SAMANTHA 6:30 UL MISSY	6:00 Y BETH F 9:00 PS PAM 9:15 Y SANDRA(up) 10:15 BLD NANCY 11:15 GY NANCY 4:30 SDF BETH H 5:30 Y SANDRA(up) 5:30 W/S FRANK 6:30 Z RENA	6:00 PS BETH F 9:00 SDF NANCY 11:15 SS MISSY 4:15 PS ASHLEY	8:00 BC BOOTCAMP JR/Marybeth 8:00 C JENNY 9:00 Z RENA 10:00 B&B JR
5	6	7	8	9	10	11
NEW CLASS BOOTCAMP This class will Meet Outside in the field	6:00 HIIT SAMANTHA 9:00 UL MISSY 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS STACEY 5:30 BC BOOTCAMP JR/Marybeth 6:30 KO JENNY	6:00 C SAMANTHA 9:00 SDF NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SF MISSY 5:30 Y DANIELLE(up) 5:30 W/ST FRANK 6:30 SDF RANDI 6:30 C KEITH (gym)	6:00 HCC JENNY(gym)** 9:00 B&B PAM 10:15 M&G TRACY 11:15 SS DIXIE 4:15 PS NANCY 5:30 B&B KEITH 6:30 UL BETH H	6:00 Y BETH F 9:00 PS PAM 9:15 Y DANIELLE 10:15 BLD NANCY 11:15 GY NANCY 4:30 SDF BETH H 5:30 Y DENISE(up) 5:30 W/S FRANK 6:30 Z RENA	6:00 PS JENNY 9:00 SDF NANCY 11:15 SS NANCY 4:15 PS JR	8:00 BC BOOTCAMP JR/Beth F 8:00 C SUZANNE 9:00 SDF MISSY 10:00 B&B BETH F
12	13	14	15	16	17	18
Today is the day we Celebrate our MOMS! Happy Mother's Day to all of the patient, loving & amazing moms out there	6:00 HIIT SAMANTHA 9:00 PS NANCY 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS STACEY 5:30 BC BOOTCAMP JR/Keith 6:30 KO BETH F	6:00 C SAMANTHA 9:00 SDF MISSY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SF NANCY 5:30 Y DENISE(up) 5:30 W/ST FRANK 6:30 SDF RANDI 6:30 C BETH F (gym)	6:00 HCC BETH F(gym)** 9:00 B&B PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS ASHLEY 5:30 B&B JENNY 6:30 UL MISSY	6:00 Y BETH F 9:00 PS PAM 9:15 Y DANIELLE 10:15 BLD DIXIE 11:15 GY DIXIE 4:30 SDF BETH H 5:30 Y SANDRA(up) 5:30 W/S FRANK 6:30 Z RENA	6:00 PS JENNY 9:00 SDF MISSY 11:15 SS DIXIE 4:15 PS KEITH	8:00 BC BOOTCAMP Sam/Marybeth 8:00 C JENNY 9:00 SDF BETH H 10:00 B&B JENNY
19	20	21	22	23	24	25
IF IT DOESN'T CHALLENGE YOU, IT WILL NOT CHANGE YOU!	6:00 HIIT KEITH 9:00 PS PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS STACEY 5:30 BC BOOTCAMP Stacey/Keith 6:30 KO JENNY	6:00 C SAMANTHA 9:00 SDF NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SDF MISSY 5:30 Y DENISE(up) 5:30 W/ST FRANK 6:30 SDF RANDI 6:30 C KEITH(gym)	6:00 HCC JENNY(gym)** 9:00 UL MISSY 10:15 M&G TRACY 11:15 SS MISSY 4:15 PS NANCY 5:30 B&B SAMANTHA 6:30 UL RANDI	6:00 Y NANCY 9:00 B&B ASHLEY 9:15 Y DANIELLE 10:15 BLD NANCY 11:15 GY NANCY 4:30 SDF BETH H 5:30 Y SANDRA(up) 5:30 W/S FRANK 6:30 Z RENA	6:00 PS STACEY 9:00 SDF NANCY 11:15 SS NANCY 4:15 PS KEITH	8:00 BC BOOTCAMP Keith/Sam 8:00 C SUZANNE 9:00 SDF RANDI 10:00 B&B KEITH
26	27	28	29	30	31	
BOOTCAMP BOOTCAMP BOOTCAMP Try it!!! Meet Outside	Wishing you a Happy Memorial Day In honor of all the Veterans & Active Service Members. Thank You for all YOU do!	6:00 C SAMANTHA 9:00 SDF NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SDF MISSY 5:30 Y DANIELLE(up) 5:30 W/ST FRANK 6:30 SDF RANDI 6:30 C KEITH(gym)	6:00 HCC JENNY(gym)** 9:00 B&B PAM 10:15 M&G TRACY 11:15 SS NANCY 4:15 PS ASHLEY 5:30 B&B BETH F 6:30 UL BETH H	6:00 Y BETH F 9:00 PS NANCY 9:15 Y DANIELLE 10:15 BLD DIXIE 11:15 GY NANCY 4:30 SDF BETH H 5:30 Y DENISE(up) 5:30 W/S FRANK 6:30 Z RENA	6:00 PS BETH F 9:00 SDF NANCY 11:15 SS TRACY 4:15 PS ASHLEY	
NEW CLASS BOOTCAMP Mon -5:30pm Sat- 8:00am Bootcamp classes are a dynamic & intense group military -style training class	Want to mix-up your fitness routine? Try BootCamp Class!!! Yes it is challenging... IT'S BOOTCAMP This class is seasonal...So enjoy the outdoors!	We monitor attendance in all classes. If any particular class has consistently low attendance , that class runs the risk of being canceled.	PH&FC offers 54 Group Exercise Classes a week (Including Aqua) We have a class just right for YOU!	Please note: Instructors are subject to change on short notice.	WE LOVE HAVING "YOU" IN CLASS!	If you have any suggestions or questions about our classes Please contact Nancy Walker Thank you for supporting group exercise

CLASS KEY: (For class descriptions, please see reverse side)

- B&B Box & Burn
- BLD: Beginning Line Dancing
- BOOTCAMP: Military style fitness class
- C: Cycle
- GY:Gentle Yoga
- HCC: Hard Core Cycle
- HIIT:High Intensity Interval
- LD: Line Dancing
- M&G: Move & Groove
- PS: Power Sculpt
- S&S: Step & Sculpt
- SF: SHINE DANCE FITNESS™
- SS: SilverSneakers Classic
- UL: Uplift™
- W/S: War/Strength
- Y: Yoga
- Z:Zumba