



May 2019 Group Exercise Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	www.progressfitnesspa.com 717-972-0322 2201 Paxton Church Road		1 5:30 am Cycling- Ilene 9:15 am Tabata & Toning- Liza	2 10:00 am Mat Pilates Elaine 5:30 pm Cycling – Ilene 6:30 pm Zumba® - Kristen	3 9:00 am Yoga- Marty 10:30 am Line Dancing (advanced) Liza	4 8:00 am Step- Vickie 9:15 am Tae Bo®- Lori
5 8:15 am Cycling – Liza 9:30 am Zumba® - Joy 	6 9:15 am Boot Camp- Vickie 6:30 pm Cycling- Liza	7 9:15 am Zumba®- Paula 5:30 pm Yoga – Sharon 6:30 pm Zumba® - Kristen	8 5:30 am Cycling - Jim 9:15 am Tabata & Toning- Liza	9 10:00 am Mat Pilates Elaine 5:30 pm Cycling – Mandy 6:30 pm Zumba® - Kristen	10 9:00 am Yoga- Marty 10:30 am Line Dancing (advanced) Liza	11 8:00 am Step- Vickie 9:15 am Tae Bo®- Lori
12 8:15 am Cycling- Ilene 9:30 am Zumba®- Joy 	13 9:15 am Boot Camp- Vickie 6:30 pm Cycling- Liza	14 9:15 am Zumba®- Paula 5:30 pm Yoga – Sharon 6:30 pm Zumba® - Kristen	15 5:30 am Cycling - Jim 9:15 am Tabata & Toning- Liza	16 10:00 am Mat Pilates Elaine 5:30 pm Cycling- Jim 6:30 pm Zumba® -Joy	17 9:00 am Yoga- Marty 10:30 am Line Dancing (advanced) Liza	18 8:00 am Step- Vickie 9:15 am Tae Bo®- Elliot
19 8:15 am Cycling- Vickie 9:30 am Zumba® - Joy	20 9:15 am Boot Camp- Vickie 6:30 pm Cycling- Liza	21 9:15 am Zumba®- Paula 5:30 pm Yoga – Sharon 6:30 pm Zumba® - Kristen	22 5:30 am Cycling - Jim 9:15 am Tabata & Toning- Liza	23 10:00 am Mat Pilates Elaine 5:30 pm Cycling – Mandy 6:30 pm Zumba® - Kristen	24 9:00 am Yoga- Marty 10:30 am Line Dancing (advanced) Liza	25 8:00 am Step- Vickie 9:15 am Tae Bo®- Elliot
26 8:15 am Cycling – Liza 9:30 am Zumba® - Joy	27 gym open 8-12 noon 8:30 am Step- Vickie 10:30 am Cycling- Liza 	28 9:15 am Zumba®- Paula 5:30 pm Yoga – Sharon 6:30 pm Zumba® - Kristen	29 5:30 am Cycling - Jim 9:15 am Tabata & Toning- Liza	30 10:00 am Mat Pilates Elaine 5:30 pm Cycling – Mandy 6:30 pm Zumba® - Kristen	31 9:00 am Yoga- Marty 10:30 am Line Dancing (advanced) Liza	Non-member drop-in rate is only \$5! And, your very first class is FREE!