



May 2022 Group Exercise Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8:15 am Cycling- Liza	2 9:15 am Boot Camp- Vickie	3 9:30 am Zumba@- Paula 5:30 pm Yoga- Sharon 6:30 pm Zumba@ - Kristen	4 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza 5:15 pm Cycling- Ilene	5 10:00 am Mat Pilates Elaine 11:15 am Line Dancing (intermediate) Jackie  5:45 pm Line Dancing (beginner) Liza 6:30 pm Zumba@- Joy	6 9:00 am Yoga- Marty (in person & virtual) 10:30 am Line Dancing (advanced) Liza	7 8:00 am Step- Vickie
8 8:15 am Cycling- Liza 	9 9:15 am Boot Camp- Vickie	10 9:30 am Zumba@- Paula 5:30 pm Yoga- Sharon 6:30 pm Zumba@- Joy	11 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza 5:15 pm Cycling- Ilene	12 10:00 am Mat Pilates Elaine 11:15 am Line Dancing (intermediate) Jackie 5:45 pm Line Dancing (beginner) Liza 6:30 pm Zumba@- Joy	13 9:00 am Yoga- Marty (in person & virtual) 10:30 am Line Dancing (advanced) Liza	14 8:00 am Step- Vickie
15 8:15 am Cycling- Liza	16 9:15 am Boot Camp- Vickie	17 9:30 am Zumba@- Paula 5:30 pm Yoga- Sharon 6:30 pm Zumba@ - Kristen	18 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza 5:15 pm Cycling- Ilene	19 10:00 am Mat Pilates Elaine 11:15 am Line Dancing (intermediate) Jackie 5:45 pm Line Dancing (beginner) Liza 6:30 pm Zumba@- Joy	20 9:00 am Yoga- Marty (in person & virtual) 10:30 am Line Dancing (advanced) Liza	21 8:00 am Step- Vickie
22 8:15 am Cycling- Liza	23 9:15 am Boot Camp- Vickie	24 9:30 am Zumba@- Paula 5:30 pm Yoga- Sharon 6:30 pm Zumba@- Kristen	25 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza 5:15 pm Cycling- Ilene	26 10:00 am Mat Pilates Elaine 11:15 am Line Dancing (intermediate) Jackie 5:45 pm Line Dancing (beginner) Liza 6:30 pm Zumba@- Kristen	27 9:00 am Yoga- Marty (in person & virtual) 10:30 am Line Dancing (advanced) Liza	28 8:00 am Step- Vickie
29 8:15 am Cycling- Liza	30 	31 9:30 am Zumba@- Paula 5:30 pm Yoga- Sharon 6:30 pm Zumba@ - Joy	www.progressfitnesspa.com 717-972-0322 2201 Paxton Church Road		Non-member drop-in rate is only \$5! And, your very first class is FREE!	