
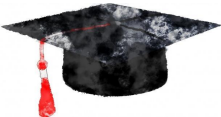



MAY 2026



Fit For Life Spond Code: OVMVV All Other GEX: BRCIP

Mon 05/04	Tue 05/05	Wed 05/06	Thu 05/07	Fri 05/08	Sat 05/09
5:15AM - 6:00AM Full Body Free Weight Mix 8:00AM - 8:45AM Full Body Free Weight Mix 9:00AM - 10:00AM Fit For Life <i>Machines</i>	5:15AM - 6:00AM Cardio & Core 6:30AM - 7:15AM Cardio & Core	5:15AM - 6:00AM Strength Circuit 8:00AM - 8:45AM Midweek Machines 9:00AM - 10:00AM Fit For Life	A weekly cardio challenge will be left on the board every Thursday! Thursday classes dropped for regularly low attendance.	5:15AM - 6:00AM HIIT + Core 8:00AM - 8:45AM Strength Foundations 9:00AM - 10:00AM Fit For Life	<i>Mother's Day Weekend</i> 
Mon 05/11	Tue 05/12	Wed 05/13		Fri 05/15	Sat 05/16
5:15AM - 6:00AM Full Body Free Weight Mix 8:00AM - 8:45AM Full Body Free Weight Mix 9:00AM - 10:00AM Fit For Life <i>Machines</i>	5:15AM - 6:00AM Cardio & Core 6:30AM - 7:15AM Cardio & Core	5:15AM - 6:00AM Strength Circuit 8:00AM - 8:45AM Midweek Machines 9:00AM - 10:00AM Fit For Life		5:15AM - 6:00AM HIIT + Core 8:00AM - 8:45AM Strength Foundations 9:00AM - 10:00AM Fit For Life	Madrid CSD Graduation Weekend 
Mon 05/18	Tue 05/19	Wed 05/20		Fri 05/22	Sat 05/23
5:15AM - 6:00AM Full Body Free Weight Mix 8:00AM - 8:45AM Full Body Free Weight Mix 9:00AM - 10:00AM Fit For Life <i>Machines</i>	5:15AM - 6:00AM Cardio & Core 6:30AM - 7:15AM Cardio & Core	5:15AM - 6:00AM Strength Circuit 8:00AM - 8:45AM Midweek Machines 9:00AM - 10:00AM Fit For Life		5:15AM - 6:00AM HIIT + Core 8:00AM - 8:45AM Strength Foundations 9:00AM - 10:00AM Fit For Life	
Mon 05/25	Tue 05/26	Wed 05/27		Fri 05/29	Sat 05/30
Memorial Day 	5:15AM - 6:00AM Cardio & Core 6:30AM - 7:15AM Cardio & Core	5:15AM - 6:00AM Strength Circuit 8:00AM - 8:45AM Midweek Machines 9:00AM - 10:00AM Fit For Life	5:15AM - 6:00AM HIIT + Core 8:00AM - 8:45AM Strength Foundations 9:00AM - 10:00AM Fit For Life	<i>*all group classes open to non-members</i> <i>\$5 pass fee</i> <i>Email to register</i>	

I am not planning any evening or weekend classes this month as I am assuming regulars are too busy with spring sports, end of school year events, etc.

CLASS ETIQUETTE:

- Participants in group classes are asked to use the Spond app and update attendance in a timely manner.
- Class schedule is subject to change based on regular attendance levels.
- Classes are generally not held without a minimum of 3 participants.

