


The Miller Center Group Fitness Schedule: May 2019

Time	Room	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am	Cycle	Cycle Erv	RPM® Sarah	Cycle Erv		Cycle Erv	
	GF	BodyFlow® Tereza	Pure Strength Sonya	Boot Camp (May 1 and 22) Legs and Abs (May 8 and 29) Step Interval (May 15) Sonya	GRIT® Chuck	BodyPump® Jess J	GRIT® (7:30 AM) Chuck
8:15am	GF / C	BOOM Move® Heather	Sport Yoga Heather	BodyPump® (GF) Booty Barre (C) Tereza Kathy special on May 29 see below	Sport Yoga Heather	Pure Strength Sonya	BodyPump® (GF) Jason
9:15am	GF	BOOM Muscle® Heather	Zumba® Toning Judi	BodyAttack® (May 1, 15 and 29) Chiseled (May 8 and 22) Kathy/Janice	Zumba® (30 minutes) Zumba® Toning (30 minutes) Judi	BodyCombat® (30 minutes) BodyAttack® (30 minutes) Rebecca/Kathy	Zumba® Rotation May 11 - Zumba Event
	Court 2/ Cycle		Cycle Liz	Silver Sneakers Circuit® Heather		Silver Sneakers Circuit® Heather	RPM® Jason
	AB	Chair Yoga Dawn	Silver Sneakers Yoga® Sue			Chair Yoga Dawn	
10:15am	GF	Chiseled Liz	BodyAttack® Kathy	Zumba® Sentao with Judi special on May 29 see below	BodyStep® (30 minutes) BodyPump® (30 minutes) Kathy/Rebecca	GRIT® Meredith	Beginner Ballet Jess H
	AB/ Cycle	Classical Yoga Dawn		Restore Rotation Beginner Yoga (May 1 and 22) Silver Sneakers Yoga (May 8) Tai Chi (May 15) special on May 29 see below	Tai Chi® Fawn (no class May 30)	Classical Yoga Dawn	Warrior Ride Jason
12:00pm	GF/ Cycle	Sprint® Emily	Beginner TRX Matt	Sprint® Emily	Beginner TRX Matt		Sundays in May with Jason Boot Camp 9:15 - 10:15 AM Sports Performance Area Warrior Ride 10:15-10:45 AM Cycle Room Free for Members \$10 for Non-Members \$5 for Non-Members who come with a Member
	AB/ Court 2	Silver Sneakers Classic® Janice		Restorative Yoga Dawn	Silver Sneakers Classic® Janice		
EVENING CLASSES start times vary		GRIT® GF at 5 PM Jess J	Warrior Ride/Workout CYCLE/GF at 4:15 PM Jason	Cycle CYCLE at 5 PM Jesse	Warrior Ride/Workout CYCLE/GF at 4:15 PM Jason (no class May 2)		 <p style="font-size: small;">— RECREATION AND WELLNESS —</p>
		BodyPump® GF at 5:30 PM Jess J	Zumba® GF at 5:30 PM Valerie (Judi on May 21)	GRIT® GF at 5:30 PM Meredith/Jess J	BodyPump® GF at 5:30 PM Tereza	Booty Barre GF at 5:30 PM Jess H	
		Cycle CYCLE at 5:30 PM Paula	BodyFlow® AB at 5:45 PM Tereza	Yoga AB at 5:30 PM Sue	Cycle CYCLE at 5:30 PM Paula		
		Pilates DE at 5:30 PM Jess H (May 13 and 20)	BodyCombat® GF at 6:30 PM Rebecca	BodyCombat® (May 1, 15 and 29) CXWORX® (May 8 and 22) Jess J GF at 6 PM	Zumba® DE at 5:30 PM Jen (Judi on May 9)		

**Spring Fling
Zumba Fundraiser
for Parkinson's
Saturday, May 11
10 AM - 12 PM
\$5/person
Members and
Non-Members
All ages welcome!**

**Evan. Employee Day
Saturday, May 11
Group Fitness Schedule:**
7:30 AM GRIT
with Chuck
8:15 AM BodyPump
with Jason
8:15 AM Cycle
with Paula
9:15 AM BodyStep and
CXWORX with Jess J
9:15 AM RPM
with Jason
10:15 AM Beginner Ballet
with Jess H
10:15 AM Warrior Ride
with Jason
*All Evan employees and
their families can use
the facility for free!
Group fitness classes for
ages 13 and up.*

Wednesday, May 29 - National Senior Health and Fitness Day | 9 AM - 1 PM

Room AB:
9:30 AM Silver Sneakers Yoga with Sue
10 AM Chair Yoga with Dawn
10:30 AM Silver Sneakers Classic with Janice
11 AM Tai Chi with Fawn

Group Fitness Room:
8:15 AM BodyPump with Tereza
9:15 AM BodyAttack with Kathy
Zumba moved to 12 PM on Court 3

Court 3:
8 AM Open Pickleball
9:15 AM Silver Sneakers Circuit with Janice and Rebecca
10:15 AM Open Pickleball
12 PM Zumba with Judi and Rebecca