

# May 2012

[www.go2fithappens.com/aerobics.html](http://www.go2fithappens.com/aerobics.html)

## Fit Happens, Gloversville, New York 725 - LIFE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>FRIDAY CHALLENGE</b> <b>Challenging cardiovascular workout with explosive jumping cardio moves combined with core strength and flexibility to build and support all muscle groups while conditioning your entire body.</b>		<b>1</b> 5:30-6:15 Step Kelly 8 AM GunzBunz Colleen 11AM MSROM Maria 4:30-5:15 Step Joy 5:15- 5:30 ABS Joy 5:30-6:15 Tabata Jen 6:15-7 Zumba Sam	<b>2</b> 8-8:30 Hi-Lo Colleen 8:30 Stretch Colleen  4:15 Out-Fit Kym 5:15-6 TKO Rachel 6- 6:15 ABS Rachel	<b>3</b> 5:30-6:15 Hi-Lo Mandy 8AM Low Burn Yvonne  5:30 Yoga Kathy 6:30 Zumba Jodi	<b>4</b> 8:00-8:45 Step Yvonne 8:45-9 ABS Yvonne  11AM MSROM Maria 4:30 Friday Challenge Kelly	<b>5</b> 8:00 40/20 Kelly  9-10:00 Zumba Sam
<b>6</b> 8:30 Tabata Beth  10 AM NO CLASS	<b>7</b> 8:00-8:45 Step Beth 8:45-9 ABS Beth  4:15 Tabata Kym 5:00 ABS Kym 5:15 Salsa Tone Dina 6:15 Stretch Beth	<b>8</b> 5:30 Tabata Kelly 8AM Low Burn Kelly 11AM MSROM Maria 4:30-5:15 Pump Joy 5:15- 5:30 ABS Joy 5:30-6:15 Step Jen 6:15-7 Zumba Sam	<b>9</b> 8:00 40/20 Yvonne  4:15 TKO Kym 5:15 TKO Rachel 6 - 6:15 ABS Rachel	<b>10</b> 5:30-6:15 Tabata Mandy 8AM NO CLASS  5:30 Yoga Kathy 6:30 Zumba Jodi	<b>11</b> 8:00-8:45 Step Yvonne 8:45-9 ABS Yvonne  11AM MSROM Maria 4:30 Friday Challenge Jen	<b>12</b> 8-8:45 Boot Camp Mandy 8:45-9 ABS Mandy  9-10:00 Zumba Sam
<b>13</b> 8:30 GunzBunz Jen  10 AM Classical Pilates & Extras Jennifer	<b>14</b> 8:00 Low Burn Beth  4:15 Out-Fit Kym 5:15 Salsa Tone Dina 6:15 Yoga Kathy	<b>15</b> 5:30-6:30 NO CLASS 8:00 Step Beth 11AM MSROM Maria 4:30-5:15 Step Joy 5:15- 5:30 ABS Joy 5:30-6:15 Tabata Jen 6:15-7 Zumba Sam	<b>16</b> 8-8:30 Hi-Lo Kelly 8:30 Stretch Kelly  4:15 Tabata Kym 5:15 TKO Rachel 6 - 6:15 ABS Rachel	<b>17</b> 5:30-6:15 Hi-Lo Mandy 8:00 NO CLASS  5:30 Yoga Kathy 6:30 NO CLASS	<b>18</b> 8:00-8:45 Step Yvonne 8:45-9 ABS Yvonne  11AM MSROM Maria 4:30 Friday Challenge Kelly	<b>19</b> 8:00 40/20 Jen  9-10:00 Zumba Sam 9-10:00 Out-Fit Kym Weather permitting
<b>20</b> 8:30 Tabata Jen  10 AM Classical Pilates & Extras Jennifer	<b>21</b> 8:00 Step Beth 8:45-9 ABS Beth  4:15-5:00 TKO Kym 5-5:15 ABS Kym 5:15 Salsa Tone Dina 6:15 Yoga Kathy	<b>22</b> 5:30 Boot Camp Kelly 8AM Low Burn Colleen 11AM MSROM Maria 4:30-5:15 Pump Kelly 5:15- 5:30 ABS Kelly 5:30-6:15 Step Jen 6:15-7 Zumba Sam	<b>23</b> 8:00 40/20 Colleen  4:15 Tabata Kym 5:15-6 TKO Rachel 6- 6:15 ABS Rachel	<b>24</b> 5:30-6:15 Tabata Mandy 8AM GunzBunz Yvonne  5:30 Yoga Kathy 6:30 Zumba Jodi	<b>25</b> 8:00-8:45 Step Yvonne 8:45-9 ABS Yvonne  11AM MSROM Maria 4:30 Friday Challenge Kelly	<b>26</b> 8-8:45 Boot Camp Mandy 8:45-9 ABS Mandy  9-10:00 Zumba Sam
<b>27</b> 8:30 GunzBunz Beth  10 AM Classical Pilates & Extras Jennifer	<b>28</b> <b>Happy Memorial Day – thank you to our Veterans!</b>	<b>29</b> 5:30-6:15 Step Kelly 8 AM GunzBunz Kelly 11AM MSROM Maria 4:30-5:15 Step Joy 5:15- 5:30 ABS Joy 5:30-6:15 Tabata Jen 6:15-7 Zumba Sam	<b>30</b> 8-8:30 Hi-Lo Colleen 8:30 Stretch Colleen  4:15 Out-Fit Kym 5:15-6 TKO Rachel 6- 6:15 ABS Rachel	<b>31</b> 5:30-6:15 Hi-Lo Mandy 8:00 Tabata Yvonne  5:30 Yoga Kathy 6:30 Zumba Jodi	<b>OUT-FIT</b> <b>Obstacle courses, boot camp drills, running, jumping, dodging! Always weather permitting, but dress accordingly and be prepared to sweat in the great outdoors!</b>	