

Fitness Class Calendar May 2015



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<i>*Must be signed up for early morning classes by 9pm the night before</i>				1 Full Body Fitness 10:30-11:20am	2 No Class
3	4 Full Body Fitness 10:30-11:20am Body Blast 5:15-6:05pm	5 Flex Express 9-9:50am Row-n-Go 11:30-12:15pm	6 No Full Body Fitness Midweek Body Blast 5:15-6:05pm	7 Flex Express 9-9:50am	8 Full Body Fitness 10:30-11:20am	9 No Class
10	11 Full Body Fitness 10:30-11:20am Body Blast 5:15-6:05pm	12 Row-n-Go 11:30-12:15pm	13 Full Body Fitness 10:30-11:20am Midweek Body Blast 5:15-6:05pm	14 Stretch & Flex 6:45-7:35am* Outdoor X 8-8:50am Cardio Drumming 9-9:50am Core & More 10-10:50am	15 Full Body Fitness 10:30-11:20am	16 Cardio Drumming 10-10:50am
17	18 Full Body Fitness 10:30-11:20am Body Blast 5:15-6:05pm	19 Cardio Drumming 6:45-7:35am* Senior Fit 8-8:50am Cardio Drumming 9-9:50am Outdoor X 10-10:50am Row-n-Go 11:30-12:15pm	20 Full Body Fitness 10:30-11:20am Midweek Body Blast 5:15-6:05pm	21 Stretch & Flex 6:45-7:35am* Outdoor X 8-8:50am Cardio Drumming 9-9:50am Core & More 10-10:50am	22 Full Body Fitness 10:30-11:20am	23 No Class
24/31	25 *CLOSED* MEMORIAL DAY	26 Cardio Drumming 6:45-7:35am* Senior Fit 8-8:50am Cardio Drumming 9-9:50am Outdoor X 10-10:50am Row-n-Go 11:30-12:15pm	27 Full Body Fitness 10:30-11:20am Midweek Body Blast 5:15-6:05pm	28 Stretch & Flex 6:45-7:35am* Outdoor X 8-8:50am Cardio Drumming 9-9:50am Core & More 10-10:50am	29 Full Body Fitness 10:30-11:20am	30 Cardio Drumming 10-10:50am

Please sign up at the front desk or call 337-7000 at least 1 hour before class time 😊