

**Must be signed up for early morning classes
by 8pm the night before*

Fitness Class Calendar May 2016



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Pure Strength 9-9:50am Full Body Fitness 10:30-11:20am Body Blast 5:15-6:00pm	3 Switch it Up: Kettlebells 7-7:50am* Balance for Life *8-8:50am Cardio Drumming 9-9:50am Pilates 10-10:50am	4 Full Body Fitness 10:30-11:20am	5 Balance for Life 8-8:50am Cardio Drumming 9-9:50am Pilates 10-10:50am Cardio Drumming 5:20-6:10pm Switch it Up: Kettlebells 6:30-7:20pm	6 Pure Strength 9-9:50am Full Body Fitness 10:30-11:20am	7 Cardio Drumming 9-9:50am Switch it Up: Kettlebell 10-10:50am
8	9 Pure Strength 9-9:50am Full Body Fitness 10:30-11:20am Body Blast 5:15-6:00pm	10 Switch it Up: Treadmill Tracks 7-7:50am* Balance for Life *8-8:50am Cardio Drumming 9-9:50am Pilates 10-10:50am	11 Full Body Fitness 10:30-11:20am	12 Balance for Life 8-8:50am Cardio Drumming 9-9:50am Pilates 10-10:50am Cardio Drumming 5:20-6:10pm Switch it Up: Treadmill Tracks 6:30-7:20pm	13 Pure Strength 9-9:50am Full Body Fitness 10:30-11:20am	14 Body Blast 9-9:50am
15	16 Pure Strength 9-9:50am Full Body Fitness 10:30-11:20am	17 Switch it Up: Boxing Circuit 7-7:50am* Balance for Life *8-8:50am Cardio Drumming 9-9:50am Pilates 10-10:50am	18 Full Body Fitness 10:30-11:20am	19 Balance for Life 8-8:50am Cardio Drumming 9-9:50am Pilates 10-10:50am Cardio Drumming 5:20-6:10pm Switch it Up: Boxing Circuit 6:30-7:20pm	20  Bike to Work Day! Full Body Fitness 10:30-11:20am	21 Cardio Drumming 9-9:50am Switch it Up: Boxing Circuit 10-10:50am
22	23 Pure Strength 9-9:50am Full Body Fitness 10:30-11:20am	24 Balance for Life *8-8:50am Cardio Drumming 9-9:50am Pilates 10-10:50am	25 Full Body Fitness 10:30-11:20am	26 Balance for Life 8-8:50am Cardio Drumming 9-9:50am Pilates 10-10:50am Cardio Drumming 5:20-6:10pm Switch it Up: Buddy Class 6:30-7:20pm	27 Pure Strength 9-9:50am Full Body Fitness 10:30-11:20am	28 No Class
29	30 *Closed* Memorial Day 	31 Switch it Up: Buddy Class 7-7:50am* Balance for Life *8-8:50am Cardio Drumming 9-9:50am Pilates 10-10:50am				

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