


# May 2017

## LAVINS ACTIVITY CENTER FITNESS CLASS CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Note: * (class held in lounge)</p>	<p>1 Total Strength 6:00-7:00 Pilates 9:30-10:30  *Yoga 7:30pm-8:15pm</p>	<p>2 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>3 Indoor Cycling 8:30-9:20 *Yoga 9:00-9:45 Zumba 9:30-10:30  *Yoga 7:30pm-8:15pm</p>	<p>4 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>5 Total Strength 6:00-7:00 Zumba 8:45-9:30 Pilates 9:30-10:30 *Tai Chi 9:30-10:30</p>	<p>6 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>7 Indoor Cycling 8:15-9:15</p>	<p>8 Total Strength 6:00-7:00 Pilates 9:30-10:30  *Yoga 7:30pm-8:15pm</p>	<p>9 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>10 Indoor Cycling 8:30-9:20 *Yoga 9:00-9:45 Zumba 9:30-10:30  *Yoga 7:30pm-8:15pm</p>	<p>11 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>12 Total Strength 6:00-7:00 Zumba 8:45-9:30 Pilates 9:30-10:30 *Tai Chi 9:30-10:30</p>	<p>13 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>14 Indoor Cycling 8:15-9:15</p>	<p>15 Total Strength 6:00-7:00 Pilates 9:30-10:30  *Yoga 7:30pm-8:15pm</p>	<p>16 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>17 Indoor Cycling 8:30-9:20 *Yoga 9:00-9:45 Zumba 9:30-10:30  *Yoga 7:30pm-8:15pm</p>	<p>18 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>19 Total Strength 6:00-7:00 Zumba 8:45-9:30 Pilates 9:30-10:30 *Tai Chi 9:30-10:30</p>	<p>20 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>21 Indoor Cycling 8:15-9:15</p>	<p>22 Total Strength 6:00-7:00 Pilates 9:30-10:30  *Yoga 7:30pm-8:15pm</p>	<p>23 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>24 Indoor Cycling 8:30-9:20 *Yoga 9:00-9:45 Zumba 9:30-10:30  *Yoga 7:30pm-8:15pm</p>	<p>25 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>26 Total Strength 6:00-7:00 Zumba 8:45-9:30 Pilates 9:30-10:30 *Tai Chi 9:30-10:30</p>	<p>27 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>28 Indoor Cycling 8:15-9:15</p>	<p>No Classes    Building Hours 8 am - 5 pm</p>	<p>30 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>31 Indoor Cycling 8:30-9:20 *Yoga 9:00-9:45 Zumba 9:30-10:30  *Yoga 7:30pm-8:15pm</p>			