

Fitness Classes - May 2019

Sunday

Monday



Tuesday

Wednesday

Thursday

Friday

Saturday

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|---|--|---|---|---|--|---|
|  | | | <p>1 *Yoga 9:15-10:00 *Chair Pilates 10:30-11:30 *Balance & Flexibility 11:30-12:15 *Yoga 7:30pm-8:15pm</p> | <p>2 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 Circuit 9:20-10:05 *Slow Burn Yoga 9:30-10:30</p> | <p>3 Zumba 8:45-9:30 Pilates 9:30-10:30</p> | <p>4 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p> |
| <p>5 Indoor Cycling 8:15-9:15</p> | <p>6 Total Body 6:00-7:00 *Balance & Flexibility 8:00-9:00 *Chair Pilates 9:00-10:00 Pilates 9:30-10:30 *Yoga 7:30pm-8:15pm</p> | <p>7 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 Circuit 9:20-10:05 *Slow Burn Yoga 9:30-10:30</p> | <p>8 *Yoga 9:15-10:00 Zumba 9:40-10:40 *Chair Pilates 10:30-11:30 *Balance & Flexibility 11:30-12:15 *Yoga 7:30pm-8:15pm</p> | <p>9 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 Circuit 9:20-10:05 *Slow Burn Yoga 9:30-10:30</p> | <p>10 Zumba 8:45-9:30 Pilates 9:30-10:30</p> | <p>11 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p> |
| <p>12 No Classes  Happy Mother's Day</p> | <p>13 Total Body 6:00-7:00 *Balance & Flexibility 8:00-9:00 *Chair Pilates 9:00-10:00 Pilates 9:30-10:30 *Yoga 7:30pm-8:15pm</p> | <p>14 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 Circuit 9:20-10:05 *Slow Burn Yoga 9:30-10:30</p> | <p>15 *Yoga 9:15-10:00 Zumba 9:40-10:40 *Chair Pilates 10:30-11:30 *Balance & Flexibility 11:30-12:15 *Yoga 7:30pm-8:15pm</p> | <p>16 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 Circuit 9:20-10:05 *Slow Burn Yoga 9:30-10:30</p> | <p>17 Zumba 8:45-9:30 Pilates 9:30-10:30</p> | <p>18 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p> |
| <p>19 Indoor Cycling 8:15-9:15</p> | <p>20 Total Body 6:00-7:00 *Balance & Flexibility 8:00-9:00 *Chair Pilates 9:00-10:00 Pilates 9:30-10:30 *Yoga 7:30pm-8:15pm</p> | <p>21 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 Circuit 9:20-10:05 *Slow Burn Yoga 9:30-10:30</p> | <p>22 *Yoga 9:15-10:00 Zumba 9:40-10:40 *Chair Pilates 10:30-11:30 *Balance & Flexibility 11:30-12:15 *Yoga 7:30pm-8:15pm</p> | <p>23 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 Circuit 9:20-10:05 *Slow Burn Yoga 9:30-10:30</p> | <p>24 Zumba 8:45-9:30 Pilates 9:30-10:30</p> | <p>25 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p> |
| <p>26 Indoor Cycling 8:15-9:15</p> | <p>27 No Classes Building hours 8am - 5pm  memorial DAY</p> | <p>28 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 Circuit 9:20-10:05 *Slow Burn Yoga 9:30-10:30</p> | <p>29 *Yoga 9:15-10:00 Zumba 9:40-10:40 *Chair Pilates 10:30-11:30 *Balance & Flexibility 11:30-12:15 *Yoga 7:30pm-8:15pm</p> | <p>30 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 Circuit 9:20-10:05 *Slow Burn Yoga 9:30-10:30</p> | <p>31 Zumba 8:45-9:30 Pilates 9:30-10:30</p> | <p>Note: *(class held in lounge)</p> |