

# May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa)	<b>2</b> 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 12:00 Pilates (Danielle)	<b>3</b> 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 4:50 ASHTANGA Yoga (Amy) 5:30 Cardio Acceleration (Rissa)	<b>4</b> 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Gentle Yoga (Amy) 5:30 iSweat (Rissa)	<b>5</b>
<b>6</b>	<b>7</b> 9:00 HITT (Jessica) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy) 6:30 Barre (Shannon)	<b>8</b> 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	<b>9</b> 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 12:00 Pilates (Danielle) 5:15 Power Yoga (Amy)	<b>10</b> 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	<b>11</b> 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Gentle Yoga (Amy) 5:30 iSweat (Rissa)	<b>12</b>
<b>13</b>	<b>14</b> 9:00 HITT (Jessica) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy) 6:30 Barre (Danielle)	<b>15</b> 9:00 Spin (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	<b>16</b> 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 12:00 Pilates (Danielle) 5:15 Power Yoga (Amy)	<b>17</b> 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 4:50 ASHTANGA Yoga (Amy) 5:30 Cardio Acceleration (Rissa)	<b>18</b> 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Gentle Yoga (Amy) 5:30 iSweat (Rissa)	<b>19</b>
<b>20</b>	<b>21</b> 9:00 HITT (Jessica) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy) 6:30 Barre (Danielle)	<b>22</b> 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	<b>23</b> 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 12:00 Pilates (Danielle) 5:15 <b>No Class</b>	<b>24</b> 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	<b>25</b> 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Gentle Yoga (Shannon) 5:30 iSweat (Rissa)	<b>26</b>
<b>27</b>	<b>28</b> 9:00 HITT (Jessica) 10:30 <b>No Class</b> 10:30 iTone (Rissa) 4:50 Yoga (Shannon) 6:30 Barre (Shannon)	<b>29</b> 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	<b>30</b> 6:45am Yoga (Shannon) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 12:00 Pilates (Danielle) 5:15 <b>No Class</b>	<b>31</b> 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)		