



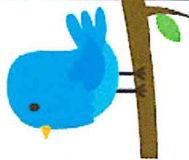
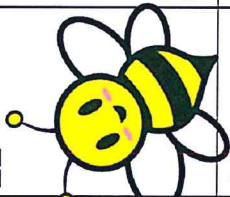



May 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	3 9:00 Bike/Sculpt (Simon) 9:30 On the Ball (Jacob) 10:30 Fit For Life (Jessica) 11:00 C Training (Taylor) 4:30 Fun Run (Jacob) 	4 6:45am Yoga (Amy) 9:00 Power Camp/ Kettle-bell (Danielle) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Amy) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	5 9:00 Yoga/Pilates (Simon) 10:30 Fit for Life (Jessica) 11:00 Cross Training (Taylor) 5:00 Pull (Jacob)	6 6:45am Yoga (Amy) 9:00 Zone Tone (Danielle) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Amy) 12:00 Gentle Yoga (Amy) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	7 
8 	9 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	10 9:00 Bike/Sculpt (Simon) 9:30 On the Ball (Jacob) 10:30 Fit For Life (Jessica) 11:00 C Training (Taylor) 4:30 Fun Run (Jacob)	11 6:45am Yoga (Amy) 9:00 Power Camp/ Kettle-bell (Danielle) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Amy) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	12 9:00 Yoga/Pilates (Simon) 10:30 Fit for Life (Jessica) 11:00 Cross Training (Taylor) 5:00 Pull (Jacob)	13 6:45am Yoga (Amy) 9:00 Zone Tone (Danielle) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Amy) 12:00 Gentle Yoga (Amy) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	14
15	16 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	17 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 4:30 Fun Run (Jacob)	18 6:45am Yoga (Amy) 9:00 Power Camp/ Kettle-bell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	19 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol)  11:00 Cross Training (Taylor) 5:00 Pull (Jacob)	20 6:45am Yoga (Amy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:00 Gentle Yoga (Amy) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	21 
22 	23 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	24 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 4:30 Fun Run (Jacob)	25 6:45am Yoga (Amy) 9:00 Power Camp/ Kettle-bell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	26 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:00 Pull (Jacob)	27 6:45am Yoga (Amy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:00 Gentle Yoga (Amy) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	28
29	30  9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	31 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 4:30 Fun Run (Jacob)	