



May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	2 9:00 Body Pump (Carol) 10:30 Fit For Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa) 6:45 Zumba (Emily)	3 9:00 Zone Tone (Carol) 10:30 iTone (Shannon) 10:45 SilverSneakers (Carol) 12:15 Yoga (Amy) 5:30 iSweat (Rissa)	4
5	6 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Barre (Shannon)	7 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa) 6:45 NO CLASS	8 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	9 9:00 Body Pump (Carol) 10:30 Fit For Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa) 6:45 Zumba (Emily)	10 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 SilverSneakers (Carol) 12:15 Yoga (Amy) 5:30 iSweat (Rissa)	11 8:00 Track & Trail (Shannon)
12	13 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Barre (Shannon)	14 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa) 6:45 Zumba (Emily)	15 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	16 9:00 Body Pump (Carol) 10:30 Fit For Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa) 6:45 Zumba (Emily)	17 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 SilverSneakers (Carol) 12:15 Yoga (Amy) 5:30 iSweat (Rissa)	18
19	20 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Barre (Shannon)	21 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa) 6:45 Zumba (Emily)	22 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 SilverSneakers (Carol) 5:15 Power Yoga (Amy)	23 9:00 Body Pump (Carol) 10:30 Fit For Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa) 6:45 Zumba (Emily)	24 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 SilverSneakers (Carol) 12:15 Yoga (Amy) 5:30 iSweat (Rissa)	25 8:00 Track & Trail (Shannon)
26	27  CLOSED	28 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 1:00 Form & Feeling (Carol) 5:30 Cardio Acceleration (Rissa) 6:45 Zumba (Emily)	29 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 SilverSneakers (Carol) 5:15 Power Yoga (Amy)	30 9:00 Body Pump (Carol) 10:30 Fit For Life (Carol) 1:00 NO CLASS 5:30 Cardio Acceleration (Rissa) 6:45 Zumba (Emily)	31 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 SilverSneakers (Carol) 12:15 Yoga (Amy) 5:30 iSweat (Rissa)	