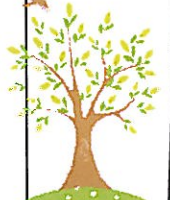


# May 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> 9:00 Zone Tone (Holly) 11:45 MSROM Silver-Sneakers (Carol) 5:00 Push (Ryan)	<b>2</b>
<b>3</b>	<b>4</b> 9:00 Power Pump (Holly) 10:30 Chair Yoga (Amy) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	<b>5</b> 6:45am AM Yoga (Amy) 9:00 Bike/Sculpt (Carol) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga/Pilates (Simon)	<b>6</b> 9:00 Power Camp (Holly) 10:30 Kettlebell (Carol) 11:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy) 6:30 Zumba (Brooke)	<b>7</b> 6:45am AM Yoga (Amy) 8:00 Bike/Sculpt (Carol) 9:00 Body Pump (Carol)  10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 12:15 Yoga (Amy) 5:00 Pull (Jacob) 6:00 HIT (TBA)	<b>8</b> 9:00 Zone Tone (Holly) 11:45 MSROM Silver-Sneakers (Carol) 5:00 Push (Ryan)	<b>9</b> 
<b>10</b> <i>Happy Mothers Day</i>	<b>11</b> 9:00 Power Pump (Holly) 10:30 Chair Yoga (Amy) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	<b>12</b> 6:45am AM Yoga (Amy) 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga/Pilates (Simon) 4:30 Fun Run (Jacob) 5:15 HIT (TBA)	<b>13</b> 9:00 Power Camp (Holly) 10:30 Kettlebell (Carol) 11:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy) 6:30 Zumba (Brooke)	<b>14</b> 6:45am AM Yoga (Amy) 8:00 Bike/Sculpt (Carol) 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 12:15 Yoga (Amy) 5:00 Pull (Jacob) 6:00 HIT (TBA)	<b>15</b> 9:00 Zone Tone (Holly) 11:45 MSROM Silver-Sneakers (Carol) 5:00 Push (Ryan)	<b>16</b>
<b>17</b>	<b>18</b> 9:00 Power Pump (Holly) 10:30 Chair Yoga (Amy) 4:50 Yoga (Amy)	<b>19</b> 6:45am AM Yoga (Amy) 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga/Pilates (Simon) 4:30 Fun Run (Jacob) 5:15 HIT (TBA)	<b>20</b> 9:00 Power Camp (Holly) 10:30 Kettlebell (Carol) 11:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy) 6:30 Zumba (Brooke)	<b>21</b> 6:45am AM Yoga (Amy) 8:00 Bike/Sculpt (Carol) 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 12:15 Yoga (Amy) 5:00 Pull (Jacob) 6:00 HIT (TBA)	<b>22</b> 9:00 Zone Tone (Holly) 11:45 MSROM Silver-Sneakers (Carol) 5:00 Push (Ryan)	<b>23</b>
<b>24</b>	<b>25</b> <i>memorial DAY</i> 9:00 Power Pump (Holly) 10:30 Chair Yoga (Amy) 4:50 Yoga (Amy)  6:30 Zumba (Brooke)	<b>26</b> 6:45am AM Yoga (Amy) 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga/Pilates (Simon) 4:30 Fun Run (Jacob) 5:15 HIT (TBA)	<b>27</b> 9:00 Power Camp (Holly) 10:30 Kettlebell (Carol) 11:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy) 6:30 Zumba (Brooke)	<b>28</b> 6:45am AM Yoga (Amy) 8:00 Bike/Sculpt (Carol) 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 12:15 Yoga (Amy) 5:00 Pull (Jacob) 6:00 HIT (TBA)	<b>29</b> 9:00 Zone Tone (Holly) 11:45 MSROM Silver-Sneakers (Carol) 5:00 Push (Ryan)	<b>30</b> 
<b>31</b>						