







Fitness MAY 2021

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|---|---|---|--|
| |  | | |  | | 1 |
| 2 | 3 9:00 Barre (Danielle) 10:00 Stretching/foam roll (Danielle) 10:30 iTone (Rissa) | 4 8:00 Body Pump Flex and Define (Carol) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (TBA) | 5 9:00 Power Camp / Kettlebell (Carol) 10:45 C. Silver Sneakers (Carol) 10:30 iTone (Rissa) 5:30 Mat Pilates (Emily W) 6:30 Sculpt Pilates (Emily W) | 6 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) | 7 8:00 Mat Pilates (Emily W) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) | 8 |
| 9 | 10 9:00 Barre (Danielle) 10:00 Stretching/foam roll (Danielle) 10:30 iTone (Rissa) 6:00 Cardio Dance (Emily) | 11 8:00 Body Pump Flex and Define (Carol) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Cardio Dance (Emily) | 12 9:30 Power Camp / Kettlebell (Carol) 10:45 C. Silver Sneakers (Carol) 10:30 iTone (Rissa) 5:30 Mat Pilates (Emily W) 6:30 Sculpt Pilates (Emily W) | 13 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Cardio Dance (Emily) | 14 8:00 Mat Pilates (Emily W) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) | 15  |
| 16 | 17 9:00 Barre (Danielle) 10:00 Stretching/foam roll (Danielle) 10:30 iTone (Rissa) 6:00 Cardio Dance (Emily) | 18 8:00 Body Pump Flex and Define (Carol) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Jessica) 6:00 Cardio Dance (Emily) | 19 9:00 Power Camp / Kettlebell (Carol) 10:45 C. Silver Sneakers (Carol) 10:30 iTone (Rissa) 5:30 Mat Pilates (Emily W) 6:30 Sculpt Pilates (Emily W) | 20 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Cardio Dance (Emily) | 21 8:00 Mat Pilates (Emily W) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) | 22 |
| 23/30  | 24 9:00 Barre (Danielle) 10:00 Stretching/foam roll (Danielle) 10:30 iTone (Rissa) 6:00 Cardio Dance (Emily) 31st Closed | 25 8:00 Body Pump Flex and Define (Carol) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Cardio Dance (Emily) | 26 9:00 Power Camp / Kettlebell (Carol) 10:45 C. Silver Sneakers (Carol) 10:30 iTone (Rissa) 5:30 Mat Pilates (Emily W) 6:30 Sculpt Pilates (Emily W) | 27 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Cardio Dance (Emily) | 28 8:00 Mat Pilates (Emily W) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Emily) | 29 |