


FITNESS CLASS SCHEDULE

MAY 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|--|---|---|---|
| | FYI: BODY BLAST IS NOW BODY STRENGTH. SAME WORKOUT, JUST DIFFERENT NAME. | | 1 8:30am: Core Strength (30 min) 9:35am:Stretch/Tone 10:30am: Aquacise | 2 8:30 am Body Strength 10:00am: Multi-Level Yoga | 3 8:30am: Tabata 9:35am: Stretch/Tone 10:30am: Aquacise | 4 8:00am: Strength Fusion 8:45 am Vinyasa |
| 5 8:30 am P90X 5:00pm: Vinyasa | 6 6:30 am Core 8:30am: Bootcamp 9:35am: Stretch/Tone 10:30am: Aquacise | 7 7:00 am Vinyasa 8:30am: Body Strength 10:00 am Gentle Yoga | 8 8:30am: Core Strength (30 min) 9:35am:Stretch/Tone 10:30am: Aquacise | 9 8:30 am Body Strength 10:00am: Multi-Level Yoga | 10 9:35am: Stretch/Tone 10:30am: Aquacise | 11 8:45 am Vinyasa |
| 12 8:30 am P90X 5:00pm: Vinyasa | 13 6:30 am Core 8:30am: Bootcamp 9:35am: Stretch/Tone 10:30am: Aquacise | 14 7:00 am Vinyasa 8:30am: Body Strength 10:00 am Gentle Yoga | 15 8:30am: Core Strength (30 min) 9:35am:Stretch/Tone 10:30am: Aquacise | 16 8:30 am Body Strength 10:00am: Multi-Level Yoga | 17 8:30am: Tabata 9:35am: Stretch/Tone 10:30am: Aquacise | 18 8:00am: Strength Fusion 8:45 am Vinyasa |
| 19 8:30am: P90X 5:00pm: Vinyasa | 20 6:30 am Core 8:30am: Bootcamp 9:35am: Stretch/Tone 10:30am: Aquacise | 21 7:00 am Vinyasa 8:30am: Body Strength 10:00 am Gentle Yoga | 22 8:30am: Core Strength (30 min) 9:35am:Stretch/Tone 10:30am: Aquacise | 23 8:30 am Body Strength 10:00am: Multi-Level Yoga | 24 8:30am: Tabata 9:35am: Stretch/Tone NO AQUACISE CLASS | 25 8:45 am Vinyasa |
| 26 8:30am: P90X 5:00pm: Vinyasa | 27 NO CLASSES  MEMORIAL DAY | 28 7:00 am Vinyasa 8:30am: Body Strength 10:00 am Gentle Yoga | 29 8:30am: Core Strength (30 min) 9:35am:Stretch/Tone NO AQUACISE CLASS | 30 8:30 am Body Strength 10:00am: Multi-Level Yoga | 31 8:30am: Tabata 9:35am: Stretch/Tone 10:30am: Aquacise | |