



FITNESS CLASSES

MAY 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 ZUMBA-Josie 4:30pm SPINNING-Laurette 5:00pm YOGA-Hannah 5:30pm	2 SPINNING-Nancy 3:45pm HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm CORE & MORE-Dawn 5:45pm	3 CYCLING-Angie 6:00am ZUMBA-Josie 4:30pm SPINNING-Laurette 5:00pm YOGA-Hannah 5:30pm TABATA-Eme 5:30pm	4 HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm YOGA I/II-Paul 5:30/6:40pm CORE & MORE-Dawn 5:45pm	5 CYCLING Angie 6:00am TABATA Eme-5:00pm	6 HARD CORE Dawn 10:00am
8 ZUMBA-Josie 4:30pm SPINNING-Laurette 5:00pm YOGA-Hannah 5:30pm	9 SPINNING-Nancy 3:45pm HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm CORE & MORE-Dawn 5:45pm	10 CYCLING-Angie 6:00am ZUMBA-Josie 4:30pm YOGA-Hannah 5:30pm	11 SPINNING-Nancy 3:45pm HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm CORE & MORE-Dawn 5:45pm	12 CYCLING Angie 6:00am TABATA Eme-5:00pm	13 HARD CORE Dawn 10:00am
15 ZUMBA-Josie 4:30pm SPINNING-Laurette 5:00pm	16 SPINNING-Nancy 3:45pm HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm CORE & MORE-Dawn 5:45pm	17 CYCLING-Angie 6:00am ZUMBA-Josie 4:30pm SPINNING-Laurette 5:00pm	18 SPINNING-Nancy 3:45pm HARD CORE-Dawn 4:30pm TABATHA-Eme 5:30pm CORE & MORE-Dawn 5:45pm	19 CYCLING Angie 6:00am TABATA Eme-5:00pm	20 NO HARD CORE
22 ZUMBA-Josie 4:30pm SPINNING-Laurette 5:00pm	23 SPINNING-Nancy 3:45pm HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm CORE & MORE-Dawn 5:30pm	24 CYCLING-Angie 6:00am ZUMBA-Josie 4:30pm SPINNING-Laurette 5:00pm YOGA-Hannah 5:30pm	25 HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm YOGA I/II-Paul 5:30/6:40pm CORE & MORE-Dawn 5:45pm	26 CYCLING Angie 6:00am TABATA Eme-5:00pm	27 HARD CORE Dawn 10:00am
29 <i>CLOSED</i> <i>MEMORIAL DAY</i>	30 HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm CORE & MORE-Dawn 6:00pm	31 CYCLING-Angie 6:00am ZUMBA-Josie 4:30pm SPINNING-Laurette 5:00pm YOGA-Hannah 5:30pm	REMEMBER Your first fitness class is always free, so why not try one out today.		