

\*\*\*MAY- 2017\*\*\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30 - 7:25 (Karin) <b>CARDIO SCULPT</b>	<b>2</b> 9:30-10:20 (Toni) <b>SENIOR'S YOGA</b>	<b>3</b> 9:30-10:25am (Lisa) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30-7:25pm (Karin) <b>BURN &amp; BLAST</b>	<b>4</b>	<b>5</b> 9:30-10:25am(Karin) Senior Strength & Cond. 10:45-11:40am (TONI) SilverSneakers Calssic	<b>6</b> <b>HEALTH FAIR</b> 9:15 YOGA 10:15 Zumba STRONG 11:15 POUND 9:00 - Noon
<b>7</b>	<b>8</b> 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30 - 7:25 (Karin) <b>CARDIO SCULPT</b>	<b>9</b> 9:30-10:20 (Toni) <b>SENIOR'S YOGA</b>	<b>10</b> 9:30-10:25am (Lisa) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30-7:25pm (Karin) <b>BURN &amp; BLAST</b>	<b>11</b>	<b>12</b> 9:30-10:25am(Karin) Senior Strength & Cond. 10:45-11:40am (KARIN) SilverSneakers Calssic	<b>13</b> <b>BOOT CAMP</b> 10:00 Fitness Center (KARIN)
<b>14</b>	<b>15</b> 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30 - 7:25 (Karin) <b>CARDIO SCULPT</b>	<b>16</b> 9:30-10:20 (Toni) <b>SENIOR'S YOGA</b>	<b>17</b> 9:30-10:25am (Lisa) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30-7:25pm (Karin) <b>BURN &amp; BLAST</b>	<b>18</b>	<b>19</b> 9:30-10:25am(Karin) Senior Strength & Cond. 10:45-11:40am (TONI) SilverSneakers Calssic	<b>20</b>
<b>21</b>	<b>22</b> 9:30 - 10:25 (Karin) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30 - 7:25 (Karin) <b>CARDIO SCULPT</b>	<b>23</b> 9:30-10:20 (Toni) <b>SENIOR'S YOGA</b>	<b>24</b> 9:30-10:25am (Lisa) Senior Strength & Cond. 10:45-11:40am (TONI) SilverSneakers Classic 6:30-7:25pm (Karin) <b>BURN &amp; BLAST</b>	<b>25</b>	<b>26</b> 9:30-10:25am(Karin) Senior Strength & Cond. 10:45-11:40am (TONI) SilverSneakers Calssic	<b>27</b>
<b>28</b>	<b>29</b> <b>CLOSED</b> for MEMORIAL DAY.	<b>30</b> 9:30-10:20 (Toni) <b>SENIOR'S YOGA</b>	<b>31</b> 9:30-10:25am (Lisa) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30-7:25pm (Karin) <b>BURN &amp; BLAST</b>			