



# GROUP FITNESS

## SPORTS OF ALL SORTS



**MAY ~ 2018**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:30-10:20 (Toni) Silver Sneakers Yoga	2 8:30-9:20 (Amy) Senior-Fit 9:30 - 10:20 (Stacey) Senior Strength PLUS + 10:30-11:20 (Angi) Silver Sneaker's Classic	3 Change of time today: 9:50 - 10:20 TONI Silver Sneakers Stability	4 NOTICE: 1 Class today @ 10:15 10:15 -11:15 Senior-Fit 11:30-1:00 Senior Cinco De Mayo Fiesta	5 
6	7 8:30 - 9:20 (Angi) Senior-Fit 9:30 - 10:20 (Toni) Senior-Fit 10:30-11:20 (Lisa) Silver Sneaker's Classic 6:30 - 7:25 (Stacey) HIIT CARDIO	8 9:30-10:20 (Toni) Silver Sneakers Yoga	9 8:30 - 9:20 (Amy) Senior -Fit 9:30 - 10:20 (Stacey) Senior Strength PLUS + 10:30-11:20 (Angi) Silver Sneaker's Classic	10 10:00 - 10:30 (Lisa) Silver Sneakers Stability 10:40-11:40 (Lisa) DANCE-FIT	11 <b>NEW!</b> 8:30-9:20 (Stacey) Senior Strength PLUS+ 9:30-10:20 (Amy) Senior-Fit 10:30 - 11:20 (Toni) SilverSneakers Calssic	12
13 	14 <b>Health Fair!!</b> 8:30 - 9:20 (Angi) Senior-Fit 9:30 - 10:20 (Lisa) Senior-Fit 10:30-11:20 (Toni) Silver Sneaker's Classic 6:30 - 7:25 (Stacey) HIIT CARDIO	15 9:30-10:20 (Toni) Silver Sneakers Yoga	16 8:30-9:20 (Amy) Senior-FIT 9:30 - 10:20 (Stacey) Senior Strength PLUS + 10:30-11:20 (Angi) Silver Sneaker's Classic	17 10:00 - 10:30 (Lisa) Silver Sneakers Stability 10:40-11:40 (Lisa) DANCE-FIT	18 <b>NEW!</b> 8:30-9:20 (Stacey) Senior Strength PLUS+ 9:30-10:20 (Amy) Senior-Fit 10:30 - 11:20 (Toni) SilverSneakers Calssic	19
20	21 8:30 - 9:20 (Angi) Senior-Fit 9:30 - 10:20 (Toni) Senior-Fit 10:30-11:20 (Lisa) Silver Sneaker's Classic 6:30 - 7:25 (Jeannine) STRONG by Zumba!	22 9:30-10:20 (Toni) Silver Sneakers Yoga	23 8:30-9:20 (Amy) Senior-FIT 9:30 - 10:20 (Stacey) Senior Strength PLUS + 10:30-11:20 (Angi) Silver Sneaker's Classic	24 10:00 - 10:30 (Lisa) Silver Sneakers Stability 10:40-11:40 (Lisa) DANCE-FIT	25 <b>NEW!</b> 8:30-9:20 (Stacey) Senior Strength PLUS+ 9:30-10:20 (Amy) Senior-Fit 10:30 - 11:20 (Toni) SilverSneakers Calssic	26
27	28 <b>CLOSED</b> for <b>MEMORIAL DAY</b>	29 9:30-10:20 (Toni) Silver Sneakers Yoga	30 8:30-9:20 (Angi) Senior-FIT 9:30 - 10:20 (Stacey) Senior Strength PLUS + 10:30-11:20 (Lisa) Silver Sneaker's Classic	31 10:00 - 10:30 (Lisa) Silver Sneakers Stability NO DANCE CLASS today. <b>Move in May, EVERY Day!</b> <b>**Don't forget our Senior Health Fair May 14th, 8:00am-11:30am!</b>		