



# GROUP FITNESS

## SPORTS OF ALL SORTS



MAY ~ 2019						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>May is Physical Fitness Month</b></p>			<p><b>1</b></p> <p>8:30-9:20 (Stacey) Senior Strength PLUS +</p> <p>9:30 - 10:20 (Stacey) Senior-FIT</p> <p>10:30-11:20 (ANGI) Silver Sneaker's Classic</p>	<p><b>2</b></p> <p>9:00-9:50 (Toni) Silver Sneaker's YOGA</p> <p>10:00-10:50 (Amy) BARRE</p> <p>11:00-11:50 (Lisa) DANCE-FIT</p>	<p><b>3</b></p> <p>10:00: (2) Fitness Classes 11:00 = DANCE LESSON 12:00 = Appetizers :)</p>	<p><b>4</b></p>
<p><b>5</b></p>	<p><b>6</b> Pickleball</p> <p>8:30 - 9:20 (Lisa) Senior Strength PLUS +</p> <p>9:30 - 10:20 (Lisa) Senior-Fit</p> <p>10:30-11:20 (Toni) Silver Sneaker's Classic</p>	<p><b>7</b></p> <p>9:00-9:50 (Toni) Silver Sneaker's YOGA</p> <p>10:00-10:50 (Lisa) DANCE-FIT</p> <p>11:00-11:50 (Amy) BARRE</p>	<p><b>8</b> Pickleball</p> <p>8:30 - 9:20 (Amy) Senior Strength PLUS +</p> <p>9:30 - 10:20 (Amy) Senior-FIT</p> <p>10:30-11:20 (Lisa) Silver Sneaker's Classic</p>	<p><b>9</b></p> <p>9:00-9:50 (Toni) Silver Sneaker's YOGA</p> <p>10:00-10:50 (Amy) BARRE</p> <p>11:00-11:50 (Lisa) DANCE-FIT</p>	<p><b>10</b></p> <p>8:30-9:20 (Amy) Senior Strength PLUS +</p> <p>9:30-10:20 (Amy) Senior-Fit</p> <p>10:30 - 11:20 (Toni) SilverSneakers Classic</p>	<p><b>11</b></p>
<p><b>12</b></p>	<p><b>13</b></p> <p>8:30 - 9:20 (Stacey) Senior Strength PLUS +</p> <p>9:30 - 10:20 (Stacey) Senior-Fit</p> <p>10:30-11:20 (ANGI) Silver Sneaker's Classic</p>	<p><b>14</b></p> <p>9:00-9:50 (Toni) Silver Sneaker's YOGA</p> <p>10:00-10:50 (Lisa) DANCE-FIT</p> <p>11:00-11:50 (Amy) BARRE</p>	<p><b>15</b></p> <p>8:30-9:20 (ANGI) Senior Strength PLUS +</p> <p>9:30 - 10:20 (Lisa) Senior-FIT</p> <p>10:30-11:20 (Lisa) Silver Sneaker's Classic</p>	<p><b>16</b></p> <p>9:00-9:50 (Toni) Silver Sneaker's YOGA</p> <p>10:00-10:50 (Amy) BARRE</p> <p>11:00-11:50 (Lisa) DANCE-FIT</p>	<p><b>17</b></p> <p>8:30-9:20 (Amy) Senior Strength PLUS +</p> <p>9:30-10:20 (Amy) Senior-Fit</p> <p>10:30 - 11:20 (Toni) SilverSneakers Classic</p>	<p><b>18</b></p>
<p><b>19</b></p>	<p><b>20</b></p> <p>8:30 - 9:20 (Stacey) Senior Strength PLUS +</p> <p>9:30 - 10:20 (Lisa) Senior-Fit</p> <p>10:30-11:20 (Toni) Silver Sneaker's Classic</p>	<p><b>21</b></p> <p>9:00-9:50 (Toni) Silver Sneaker's YOGA</p> <p>10:00-10:50 (Lisa) DANCE-FIT</p> <p>11:00-11:50 (Amy) BARRE</p>	<p><b>22</b></p> <p>8:30 - 9:20 (Amy) Senior Strength PLUS +</p> <p>9:30 - 10:20 (Stacey) Senior-FIT</p> <p>10:30-11:20 (Angi) Silver Sneaker's Classic</p>	<p><b>23</b></p> <p>9:00-9:50 (Toni) Silver Sneaker's YOGA</p> <p>10:00-10:50 (Amy) BARRE</p> <p>11:00-11:50 (Lisa) DANCE-FIT</p>	<p><b>24</b></p> <p>8:30-9:20 (Angi) Senior Strength PLUS +</p> <p>9:30-10:20 (Amy) Senior-Fit</p> <p>10:30 - 11:20 (Toni) SilverSneakers Classic</p>	<p><b>25</b></p>
<p><b>26</b></p>	<p><b>27</b></p> <p>CLOSED for</p>	<p><b>28</b></p> <p>9:00-9:50 (Toni) Silver Sneaker's YOGA</p> <p>10:00-10:50 (Lisa) DANCE-FIT</p> <p>11:00-11:50 (Amy) BARRE</p>	<p><b>29</b></p> <p>8:30 - 9:20 (Amy) Senior Strength PLUS +</p> <p>9:30 - 10:20 (Amy) Senior-FIT</p> <p>10:30-11:20 (Angi) Silver Sneaker's Classic</p>	<p><b>30</b></p> <p>9:00-9:50 (Toni) Silver Sneaker's YOGA</p> <p>10:00-10:50 (Amy) BARRE</p> <p>11:00-11:50 (Lisa) DANCE-FIT</p>	<p><b>31</b></p> <p>8:30-9:20 (Stacey) Senior Strength PLUS +</p> <p>9:30-10:20 (Angi) Senior-Fit</p> <p>10:30 - 11:20 (Toni) SilverSneakers Classic</p>	