



GROUP FITNESS

SPORTS OF ALL SORTS



MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
PLEASE NOTE MAY 3, 17 & 31		9:30-10:15		9:30-10:15		
TABATA! 20 SEC WORK	9:30 - 10:15 Senior-FIT AMY	CARDIO DRUMMING AMY	9:30 - 10:15 TABATA CIRCUIT	CARDIO-DANCE AMY	9:30 - 10:15 Senior-FIT AMY	
10 SEC REST	10:30-11:15	10:30-11:15	10:30 - 11:15	10:30-11:15	10:30-11:15	
X8	Silver Sneaker's Classic	SILVER SNEAKERS YOGA TONI	Silver Sneaker's Classic	SILVER SNEAKERS YOGA TONI	Silver Sneaker's Classic	
45 MIN	TONI		AMY		TONI	
TRY IT OUT!						
7	8	9	10	11	12	13
		9:30-10:15		9:30-10:15		
	9:30 - 10:15 Senior-FIT AMY	CARDIO DRUMMING AMY	9:30 - 10:15 CIRCUIT	CARDIO-DANCE AMY	TAI CHI WITH AMY 8:45-9:15AM Senior-FIT AMY	
	10:30-11:15 Silver Sneaker's Classic TONI	10:30-11:15 SILVER SNEAKERS YOGA TONI	10:30 - 11:15 Silver Sneaker's Classic	10:30-11:15 SILVER SNEAKERS YOGA TONI	10:30-11:15 Silver Sneaker's Classic TONI	
			AMY			
14	15	16	17	18	19	20
		9:30-10:15		9:30-10:15		
	9:30 - 10:15 Senior-FIT AMY	CARDIO-DANCE AMY	9:30 - 10:15 TABATA CIRCUIT	CARDIO DRUMMING AMY	9:30 - 10:15 Senior-FIT AMY	
	10:30-11:15 Silver Sneaker's Classic TONI	10:30-11:15 SILVER SNEAKERS YOGA TONI	10:30 - 11:15 Silver Sneaker's Classic	10:30-11:15 SILVER SNEAKERS YOGA TONI	10:30-11:15 Silver Sneaker's Classic TONI	
			AMY			
21	22	23	24	25	26	27
		9:30-10:15		9:30-10:15		
	9:30 - 10:15 Senior-FIT AMY	CARDIO DRUMMING AMY	9:30 - 10:15 CIRCUIT	CARDIO-DANCE AMY	TAI CHI WITH AMY 8:45-9:15AM Senior-FIT AMY	
	10:30-11:15 Silver Sneaker's Classic TONI	10:30-11:15 SILVER SNEAKERS YOGA TONI	10:30 - 11:15 Silver Sneaker's Classic	10:30-11:15 SILVER SNEAKERS YOGA TONI	10:30-11:15 Silver Sneaker's Classic TONI	
			AMY			
28	29	30	31			
	MEMORIAL DAY!	9:30-10:15	9:30 - 10:15			
	9:30 - 10:15 Senior-FIT AMY	CARDIO-DANCE AMY	TABATA CIRCUIT			
	10:30-11:15 Silver Sneaker's Classic TONI	10:30-11:15 SILVER SNEAKERS YOGA TONI	10:30 - 11:15 Silver Sneaker's Classic			
			AMY			