

May 2012

May 2012								
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00 AM	Closed	Cycle Circuit w/Angela 6:00-7:00		Cycling w/Angela 6:00-7:00	Boot Camp with Angela 6:00-7:00	Cycle Circuit w/Angela 6:00-7:00	Closed	
6:15 AM								
6:30 AM								
6:45 AM								
7:00 AM				Yoga w/JuNelle 7:00-8:00				
7:15 AM								
7:30 AM								
7:45 AM								
8:00 AM						Circuit w/ Joan 8:00-8:45		
8:15 AM								
8:30 AM			Adult Tap Dance 8:30-9:30 (program)					
8:45 AM								
9:00 AM				Cycling & Abs w/ Samantha 9:00-10:15	Cardio Strength w/ Samantha 9:15-10:15	Cycling & Abs w/ Samantha 9:00-10:15	Cardio Strength w/ Samantha 9:15-10:15	
9:15 AM								
9:30 AM		Reserved for Group Trng 9:40-10:40						
9:45 AM								
10:00 AM				Reserved for Group Trng 10:30-11:30	Tai Chi w/ Lily 10:45-11:45	Low Impact w/ Joan 10:30-11:30	Adult Tap Technique 11:00-12:00 (program)	
10:15 AM								
10:30 AM								
10:45 AM		Tai Chi w/ Lily 10:45-11:45	Low Impact w/Joan 10:45-11:45					
11:00 AM								
11:15 AM								
11:30 AM								
11:45 AM								
12:00 PM				Yoga Dance for Spec. Pop. 12:00-1:00	Cycling w/Angela 12:00-1:00			
12:15 PM								
12:30 PM								
12:45 PM								
1:00 PM		Silver Sneakers (MSROM) 1:00-2:00	Silver Sn. (Cardio) 1:15-2:15	Silver Sneakers (MSROM) 1:00-2:00	Yoga Dance with Kohava (program) 2:00-3:00	Silver Sn. (Yoga Stretch) 1:00-2:00		
1:15 PM								
1:30 PM								
1:45 PM								
2:00 PM	Salsa Jam							
2:15 PM	Fitness w/ Kristie 2:00-3:00							
2:30 PM						Silver Sn. (Cardio Circuit) 2:15-3:15		
2:45 PM								
3:00 PM								
3:15 PM								
3:30 PM								
3:45 PM								
4:00 PM		Yogalates w/Kelsey 4-4:45	Youth Dance (program) 2:45-6:15	Step w/ Ann 3:30-4:30	Glide w/ Ann 4:00-4:45			
4:15 PM								
4:30 PM	Yoga w/JuNelle 4:30-5:30	Ladies Lifting 4:30-5:30 (start in weight area)			Intro Ladies Lifting w/ Ann 4:30-5:30	Youth Dance (program) 4:45-5:45	Teen Intro to Lifting	
4:45 PM								
5:00 PM						Teen Intro to Lifting with Jake takes place Mondays and Wednesdays at 4:00 p.m. in the Free Weight Area.		
5:15 PM								
5:30 PM		Step w/ Ann 5:30-6:30			Salsa Jam Fitness w/ Kristie 5:45-6:45			
5:45 PM								
6:00 PM	Closed							
6:15 PM								
6:30 PM				Cycle Circuit w/ Angela 6:30-7:30	Outdoor Boot Camp w/ Brooklyn 6:30-7:30		Class Notes	
6:45 PM								
7:00 PM							Circuit w/Joan will not take place on May 10th. Yoga w/JuNelle will not take place on May 13th or 27th.	
7:15 PM								
7:30 PM								
7:45 PM								
8:00 PM								