

May
Fitness Group Exercise
Class Schedule

			1 Fit For Life 9-10 a.m. Super Sweat 10 a.m.- 11 a.m. Yoga (Fitness members only) 11:15-12 p.m. Total Body Conditioning 5:15- 6:15 p.m.	2 Fit For Life (Open hour) Yoga (Fitness members only) 3:15-4 p.m. Powerbarz 5:15 p.m.- 6:15 p.m.	3	4 Zumba 9 a.m.- 10- a.m.
5	6 Fit For Life 9-10 a.m. Super Sweat 10 a.m.- 11 a.m. Yoga (Fitness members only) 3:15-4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	7 Fit For Life (Open hour) Vital Choice 1 p.m.- 2 p.m. Yoga (Fitness members only) 3:15-4 p.m. Boxing & Strength 5:15 p.m.- 6:15 p.m.	8 Fit For Life 9-10 a.m. Super Sweat 10 a.m.- 11 a.m. Yoga (Fitness members only) 11:15-12 p.m. Total Body Conditioning 5:15- 6:15 p.m.	9 Fit For Life (Open hour) Yoga (Fitness members only) 3:15-4 p.m. War 5:15 p.m.- 6:15 p.m.	10 Super Sweat 10 a.m.- 11 a.m.	11 Zumba 9 a.m.- 10- a.m.
12	13 Fit For Life 9-10 a.m. Super Sweat 10 a.m.- 11 a.m. Yoga (Fitness members only) 3:15-4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	14 Fit For Life (Open hour) Vital Choice 1 p.m.- 2 p.m. Yoga (Fitness members only) 3:15-4 p.m. Tabata & More 5:15 p.m.- 6:15 p.m.	15 Fit For Life 9-10 a.m. Super Sweat 10 a.m.- 11 a.m. Yoga (Fitness members only) 11:15-12 p.m. Total Body Conditioning 5:15- 6:15 p.m.	16 Fit For Life (Open hour) Yoga (Fitness members only) 3:15-4 p.m. Powerbarz 5:15 p.m.- 6:15 p.m.	17 Super Sweat 10 a.m.- 11 a.m.	18 Total Body Conditioning 5:15- 6:15 p.m.
19	20 Fit For Life 9-10 a.m. Yoga (Fitness members only) 3:15-4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	21 Fit For Life 9-10 a.m. Vital Choice 1 p.m.- 2 p.m. Yoga (Fitness members only) 3:15-4 p.m. Boxing & Strength 5:15 p.m.- 6:15 p.m.	22 Fit For Life (Open Hour) Yoga (Fitness members only) 11:15-12 p.m. Total Body Conditioning 5:15- 6:15 p.m.	23 Fit For Life (Open Hour) Yoga (Fitness members only) 3:15-4 p.m. War 5:15 p.m.- 6:15 p.m.	24	25 Total Body Conditioning 5:15- 6:15 p.m.
26	27 CLOSED!	28 Fit For Life (Open hour) Yoga (Fitness members only) 3:15-4 p.m. Tabata & More 5:15 p.m.- 6:15 p.m.	29 Fit For Life 9-10 a.m. Super Sweat 10 a.m.- 11 a.m. Zumba 5:15- 6:15 p.m.	30 Fit For Life (Open Hour) Yoga (Fitness members only) 3:15-4 p.m. Powerbarz 5:15 p.m.- 6:15 p.m.	31 Super Sweat 10 a.m.- 11 a.m.	