

# May 2017 Fitness Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch &amp; Strengthen <b>9:00-10:00 am Flex &amp; Stretch</b> 12:00-12:30 pm Fit in 30 <del>5:30-6:00 pm Pedal for Strength</del> <del>6:15-7:00 pm Hatha Flow</del></p>	<p>2</p> <p>5:30-6:15 am Cycling <b>6:00-6:45 am Aquasthenics</b> 8:30-9:15 am Pilates <del>12:00-12:30 pm Fit in 30</del></p>	<p>3</p> <p>5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch &amp; Strengthen <b>9:00-10:00 am Flex &amp; Stretch</b> 12:00-12:30 pm Fit in 30 5:30-6:00 pm Pedal for Strength 6:15-7:00 pm Hatha Flow</p>	<p>4</p> <p>5:30-6:15 am Cycling <b>6:00-6:45 am Aquasthenics</b> 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30</p>	<p>5</p> <p>5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch &amp; Strengthen <b>9:00-10:00 am Flex &amp; Stretch</b> 12:00-12:30 pm Fit in 30</p>	6
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28	<p>29</p> <p>Recreation Center CLOSED</p> <p><i>Happy Memorial Day</i></p>	<p>30</p> <p>5:30-6:15 am Cycling <b>6:00-6:45 am Aquasthenics</b> 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30</p>	<p>31</p> <p>5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch &amp; Strengthen <b>9:00-10:00 am Flex &amp; Stretch</b> 12:00-12:30 pm Fit in 30 5:30-6:00 pm Pedal for Strength 6:15-7:00 pm Hatha Flow</p>	<p><b>Classes in BLUE are held in the indoor pool</b></p>		