

Group Fitness Classes

MAY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	01	02	03	04
			5:30a-6:15a AM FIT 1 6:15a-6:45a AM FIT 2 8:30a-9:15a Stretch & Strengthen 9a-10a Flex & Stretch 12p-12:30p PM FIT 4:15p-5p Water Aerobics 5:30p-6:30p PM PIYO	5:30a-6:15a Cycling 6a-6:45a Aquasthenics 8:30a-9:15a AM Pilates	5:30a-6:15a AM FIT 1 6:15a-6:45a AM FIT 2 8:30a-9:15a Stretch & Strengthen 9a-10a Flex & Stretch 12p-12:30p PM FIT	
05	06	07	08	09	10	11
	5:30a-6:15a AM FIT 1 6a-6:45a Aquasthenics 6:15a-6:45a AM FIT 2 8:30a-9:15a Stretch & Strengthen 9a-10a Flex & Stretch 12p-12:30p PM FIT 4:15p-5p Water Aerobics 5:30p-6:30p PM PIYO	6a-6:45a Aquasthenics 8:30a-9:15a AM Pilates 12p-12:30p PM FIT	5:30a-6:15a AM FIT 1 6:15a-6:45a AM FIT 2 8:30a-9:15a Stretch & Strengthen 9a-10a Flex & Stretch 12p-12:30p PM FIT 4:15p-5p Water Aerobics 5:30p-6:30p PM PIYO	6a-6:45a Aquasthenics 8:30a-9:15a AM Pilates	5:30a-6:15a AM FIT 1 6:15a-6:45a AM FIT 2 8:30a-9:15a Stretch & Strengthen 9a-10a Flex & Stretch 12p-12:30p PM FIT	8:15a-9a Sat FIT

Group Fitness Classes

MAY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
	5:30a-6:15a AM FIT 1 6a-6:45a Aquasthenics 6:15a-6:45a AM FIT 2 8:30a-9:15a Stretch & Strengthen 9a-10a Flex & Stretch 12p-12:30p PM FIT 4:15p-5p Water Aerobics 5:30p-6:30p PM PIYO	6a-6:45a Aquasthenics 8:30a-9:15a AM Pilates 12p-12:30p PM FIT	5:30a-6:15a AM FIT 1 6:15a-6:45a AM FIT 2 8:30a-9:15a Stretch & Strengthen 9a-10a Flex & Stretch 12p-12:30p PM FIT 4:15p-5p Water Aerobics 5:30p-6:30p PM PIYO	6a-6:45a Aquasthenics 8:30a-9:15a AM Pilates	5:30a-6:15a AM FIT 1 6:15a-6:45a AM FIT 2 8:30a-9:15a Stretch & Strengthen 9a-10a Flex & Stretch 12p-12:30p PM FIT	
19	20	21	22	23	24	25
	5:30a-6:15a AM FIT 1 6a-6:45a Aquasthenics 6:15a-6:45a AM FIT 2 8:30a-9:15a Stretch & Strengthen 9a-10a Flex & Stretch 12p-12:30p PM FIT 4:15p-5p Water Aerobics 5:30p-6:30p PM PIYO	6a-6:45a Aquasthenics 8:30a-9:15a AM Pilates 12p-12:30p PM FIT	5:30a-6:15a AM FIT 1 6:15a-6:45a AM FIT 2 8:30a-9:15a Stretch & Strengthen 9a-10a Flex & Stretch 12p-12:30p PM FIT 4:15p-5p Water Aerobics 5:30p-6:30p PM PIYO	6a-6:45a Aquasthenics 8:30a-9:15a AM Pilates	5:30a-6:15a AM FIT 1 6:15a-6:45a AM FIT 2 8:30a-9:15a Stretch & Strengthen 9a-10a Flex & Stretch 12p-12:30p PM FIT	8:15a-9a Sat FIT

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MAY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	01
	5:30a-6:15a AM FIT 1 6a-6:45a Aquasthenics 6:15a-6:45a AM FIT 2 8:30a-9:15a Stretch & Strengthen 9a-10a Flex & Stretch 12p-12:30p PM FIT 4:15p-5p Water Aerobics 5:30p-6:30p PM PIYO	6a-6:45a Aquasthenics 8:30a-9:15a AM Pilates 12p-12:30p PM FIT	5:30a-6:15a AM FIT 1 6:15a-6:45a AM FIT 2 8:30a-9:15a Stretch & Strengthen 9a-10a Flex & Stretch 12p-12:30p PM FIT 4:15p-5p Water Aerobics 5:30p-6:30p PM PIYO	6a-6:45a Aquasthenics 8:30a-9:15a AM Pilates	5:30a-6:15a AM FIT 1 6:15a-6:45a AM FIT 2 8:30a-9:15a Stretch & Strengthen 9a-10a Flex & Stretch 12p-12:30p PM FIT	No classes scheduled for Saturday, May 1st.