



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 am Gentle Yoga	5:45 am HIIT w/ Robin *30 Minutes	5:45 am HIIT w/ Robin *30 Minutes (Synrgy)	5:45 am HIIT w/ Robin *30 Minutes	5:45 am HIIT w/ Robin *30 Minutes (Track)	5:45 am HIIT w/ Robin *30 Minutes	7:15 am Spinning w/ Dave *Participant Card Req'd
10:30 am MEDITATION	6:00 am Spinning w/ Ted *Participant Card Req'd	6:45 am Sunrise Yoga (Party Room)	6:00 am Spinning w/ Dave *Participant Card Req'd	6:45 am Sunrise Yoga (Party Room)	6:00 am Spinning w/ Jeff *Participant Card Req'd	8:00 am Dynamic Duo w/ Peggy
	6:45 am Sunrise Yoga (Party room)	8:30 am Zumba GOLD w/ Cookie	6:45 am Sunrise Yoga (Party Room)	9:00 am Cardio Interval w/ Jeanelle	6:45 am Sunrise Yoga (Party Room)	9:15 am Simple Stretch w/ Peggy
	9:30 am Battle Plan Boot Camp w/ Jon (Track)	9:30 am Inferno Interval (Track) w/ Dionne *30 minutes	8:30 am Zumba GOLD w/ Cookie	9:30 am Inferno Interval (Track) w/ Dionne *30 minutes	8:30 am Zumba GOLD w/ Cookie (Fitness Room)	9:30 am Ultimate Workout (Track) w/ Dwayne
	10:45 am Beginner's Yoga	9:30 am Strength & Step	8:45 am Power Circuit w/ Peggy	9:45 am Spinning w/ John *Participant Card Req'd	9:15 am Back and Core Strong w/ Jon (Track)	9:45 am Spinning w/John *Participant Card Req'd
	11:00 am HIIT w/ Robin (Track) *30 minutes	9:45 am Spinning w/ Jenny *Participant Card Req'd	9:30 am Total Tabata w/ Peggy	9:45 am SYNRGY Circuit (SYNRGY & Track)	9:30 am Body Fit w/ Jeanelle	10:30 am MEDITATION
	4:45pm Yogalates w/ Ann (Party Room)	10:45 am Deep Stretch Flow Yoga	9:30 am Battle Plan Boot Camp w/Jon (Track)	10:45 am Intermediate Yoga	9:45 am Spinning w/Jenny *Participant Card Req'd	
	5:30 pm Kickboxing w/ Dwayne *45 minutes	1:30 pm Body Blast w/ Dionne	11 am Beginner's Yoga	1:30 pm Body Blast w/ Dionne	10:45 am Beginner's Yoga	
	5:30 pm HIIT w/Robin (Track) *30 minute class	5:30 pm Power Burn w/ Dwayne Court #3	12:15 pm Spinning w/ John *Participant Card Req'd	5:15 pm Back and Core Strong w/ Jon (Fitness Room)		
	6:15pm Cross Fitness w/ Jon (Track)	5:30pm Barre Interval w/ Kayla (Fitness Room)	5:30 pm Kickboxing w/ Dwayne *45 minutes	5:30 pm BootCamp w/ Dwayne (Track)		
	6:30 pm ZUMBA w/ Cookie	6:15 pm Spinning w/ Dave *Participant Card Req'd	6:15 pm Spinning w/John *Participant Card Req'd	6:15 pm Spinning w/ Dave *Participant Card Req'd		
	6:45pm Beginner Yoga (Party Room)	6:45 pm Sunset Yoga (Party Room)	6:30 pm TRX Boot Camp w/ Jon (Track)	6:15 pm Step Interval w/ Peggy		
		6:45 pm Power Hour (Fitness Room)	6:30 pm ZUMBA w/ Cookie	6:45 pm Wellness Yoga (Party Room)		
			6:45 pm Relaxation Yoga (Party Room)			



HOLIDAY HOURS/FACILITY UPDATE
Memorial Day: OPEN 6am-2pm
****Silver Sneaker classes are cancelled 5/28**
****Kid Park not available 5/28**

Starting May 1st, Yoga in the Park will be offered with Gopi at the Perici Amphitheater in Glenn Chamberlin Park every Tuesday, Wednesday and Friday at 6:15pm!
No class 6/1, 6/15, 6/29, 7/3, 7/13, 7/27, and 8/10

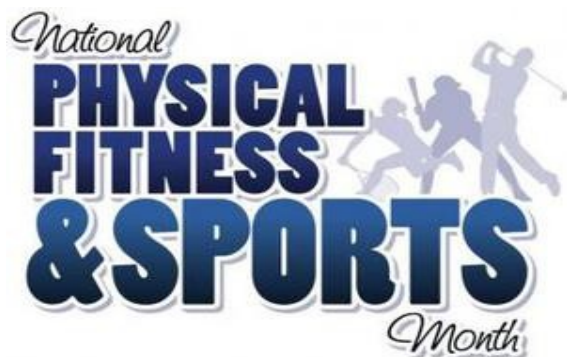
Aqua Fitness

MON	9:00 am Aqua Challenge w/ Sharon *30 Minute Class*	9:30 am Water Works w/ Sharon	10:30 am Aqua Lite w/ Sharon	6:00 pm Hydro Fitness w/ Lori	
TUES	8:15 am Deep Water Workout w/ Paula	9:00 am Water Workout w/ Paula	11:00am Aqua Flex w/ Nancy	6:30 pm Aqua DIVA & Stretch w/ Thia *45 minute class	
WED	9:00 am Aqua Challenge w/ Sharon *30 Minute Class*	9:30 am Water Works w/ Sharon	10:30 am Aqua Lite w/ Sharon	6:15 pm Aqua Tabata w/ Thia	
THURS	8:15 am Deep Water Workout w/ Paula	9:00 am Water Workout w/ Paula F.	11:00 am Aqua Flex w/ Nancy	12pm Silver Splash w/ Ann No Class 5/24	6:30pm Aqua DIVA & Stretch w/ Thia *45 minute class
FRI	8:30 am Deep Water Challenge w/ Paula	9:15 am Shallow Challenge w/ Paula	10:00 am Gentle Water w/ Paula	11:00 am Aqua Flex w/ Nancy	
SAT	8:30 am Hydro Fitness w/ Lori	12:00 pm Aqua Diva & Stretch w/ Thia *45 Minute Class			



Silver Sneakers

Monday	9:45 am SS Circuit w/ Dionne	12:00 pm SS Classic w/ Dionne		
Tuesday	10:15 am SS Classic w/ Dionne	11:45 am SS Chair Yoga w/ Pushpa (Fit Room)		
Wednesday	9:45 am SS Circuit w/ Dionne	12 pm SS Yoga w/ Pushpa	1:00 pm SS Classic w/Dionne	
Thursday	10:15 am SS Classic	11:45 am SS Chair Yoga w/ Pushpa (Fit Room)	12:00pm Silver Splash w/ Ann No class 5/24	
Friday	9:00 am SS Circuit w/ Dionne	10:00 am SS Circuit w/ Marlene	11:45 am SS Yoga w/ Pushpa	1:00 pm SS Classic w/Dionne



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