








MAY 2018 FITNESS



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p>SilverSneakers® Classic 8:00 - 8:45 a.m.</p> <p>Senior Fit 8:15 - 9:00 a.m.</p> <p>Stretch and Flex 9:00 - 9:45 a.m.</p> <p>Cardio Fit/ Step 9:00 - 9:45 a.m.</p> <p>Silver & Fit Excel Strength/Cardio Class 10:00 - 10:45 a.m.</p> <p>Pickleball 9:00 - Noon</p> <p>Tai Chi 10:00-11:00 a.m.</p> <p>SilverSneakers® Classic 12:30-1:15 p.m.</p> <p>Body Sculpting 4:30 - 5:15 p.m.</p> <p>Yoga 5:15 - 6:00 p.m.</p> <p>Stability Ball Training 5:30 - 6:00 p.m.</p> <p>Pilates 6:15-7:15 p.m.</p>  <p><i>May Day</i></p>	<p>20/20/20 3 in 1 Workout 7:00 - 8:00 a.m.</p> <p>SilverSneakers® Classic 8:00 - 8:45 a.m.</p> <p>Senior Fit 8:15 - 9:00 a.m.</p> <p>Stretch and Flex 9:00 - 9:30 a.m.</p> <p>Pickleball 9:00 - Noon</p> <p>Line Dancing 10:30- 12:30 p.m.</p> <p>SilverSneakers® Classic 11:00-11:45 a.m.</p> <p>Stability Ball Training 5:30 - 6:00 p.m.</p> <p>Silver & Fit Excel Strength/Cardio Class 6:00-6:45 p.m.</p>  <p>Happy Cinco de Mayo</p>	<p>SilverSneakers® Classic 8:00 - 8:45 a.m.</p> <p>Senior Fit 8:15 - 9:00 a.m.</p> <p>Cardio Fit/ Step 9:00 - 9:45 a.m.</p> <p>Stretch and Flex 9:00 - 9:45 a.m.</p> <p>Silver & Fit Excel Strength/Cardio Class 10:00 - 10:45 a.m.</p> <p>Pickleball 9:00 - Noon</p> <p>Tai Chi 10:00-11:00 a.m.</p> <p>SilverSneakers® Classic 12:30-1:15 p.m.</p> <p>Beginner Clogging 1:00 - 3:00 p.m.</p> <p>Body Sculpting 4:30 - 5:15 p.m.</p> <p>Yoga 5:15 - 6:00 p.m.</p> <p>Stability Ball Training 5:30 - 6:00 p.m.</p>  <p>ARMED FORCES DAY</p>	<p>20/20/20 3 in 1 Workout 7:00 - 8:00 a.m.</p> <p>SilverSneakers® Classic 8:00 - 8:45 a.m.</p> <p>Senior Fit 8:15 - 9:00 a.m.</p> <p>Stretch and Flex 9:00 - 9:30 a.m.</p> <p>Pickleball 9:00 - Noon</p> <p>SilverSneakers® Classic 11:00-11:45 a.m.</p> <p>Stability Ball Training 5:30 - 6:00 p.m.</p> <p>Silver & Fit Excel Strength/Cardio class 6:00-6:45 p.m.</p> <p>Pilates 6:15 - 7:15 p.m.</p>  <p>Happy Mother's Day!</p>	<p>20/20/20 3 in 1 Workout 7:00 - 8:00 a.m.</p> <p>Senior Fit 8:15 - 9:00 a.m.</p> <p>YOGA 9:00-9:45 a.m.</p> <p>Pickleball 9:00 - Noon</p> <p>Tai Chi 10:00 - 11:00 a.m.</p> <p>Line Dancing 10:30- 12:30 p.m.</p> <p>SATURDAYS Fitness Center CLOSED</p>  <p>2018 MEMORIAL DAY</p>