

# MAY 2019 EXERCISE CALENDAR

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SATURDAY</b>  <b>CORE 'N MORE</b>  <b>8:15-9:00 AM</b>  <b>NEW SESSION:</b>  <b>April 27th—June 8th</b>  <b>No: May 25th</b></p>	<p><b>KEY:</b>  <b>(N) New session starts</b>  <b>(O) Open class, come try it out</b>  <b>(E) Session ends</b></p>	<p><b>1</b>            8:00 Yoga            8:15 B FIT            9:10 PEPS            10:00 MODIFIED YOGA            10:30 TAI CHI FORM            11:00 Beginning Tai Chi            1:00 ZUMBA GOLD(T)            2:15 HOOP DANCE FITNESS            5:30 ZUMBA</p>	<p><b>2</b>            8:00 Seniors Circuit            9:00 GENTLE YOGA            9:15 LOW AND SLOW            10:15 Chair Yoga            10:15 ZUMBA GOLD CHAIR            11:15 30 MIN. ZUMBA GOLD            12:30 FIT AND FABULOUS            2:00 DANCE –THE BALLROOM WORKOUT  <b>4:30 STRONG by Zumba Demo</b>            5:30 Group Training</p>	<p><b>3</b>            8:15 B FIT            9:10 PEPS            10: 00 Mastering Your Energy            10:15 ZUMBA GOLD FRIDAY AM            11:30 30 MIN. ZUMBA GOLD            12:15 FIT &amp; FABULOUS            1:00 ZUMBA GOLD            2:15 HOOP DANCE FITNESS</p>
<p><b>6</b>            8:00 Yoga            8:15 B FIT            9:10 PEPS            10:00 MODIFIED YOGA            10:30 TAI CHI FORM            11:00 Beginning Tai Chi            1:00 ZUMBA GOLD            2:30-3:30 Line Dance II            3:30-4:30 Line Dance I            5:30 ZUMBA TONING</p>	<p><b>7</b>            8:00 Seniors Circuit            9:00 GENTLE YOGA            9:15 LOW AND SLOW            10:15 CHAIR YOGA            11:00 FOLK DANCE            12:30 FIT AND FABULOUS  <b>1:30 ZUMBA GOLD CHAIR (E)</b>            2:30 30 MIN. ZUMBA GOLD  <b>4:30 STRONG by Zumba (N)</b>            5:30 Group Training</p>	<p><b>8</b>            8:00 Yoga            8:15 B FIT            9:10 PEPS            10:00 MODIFIED YOGA            10:30 TAI CHI FORM            11:00 Beginning Tai Chi            1:00 ZUMBA GOLD (T)            2:15 HOOP DANCE FITNESS            5:30 ZUMBA</p>	<p><b>9</b>            8:00 Seniors Circuit            9:00 GENTLE YOGA            9:15 LOW AND SLOW            10:15 Chair Yoga  <b>10:15 ZUMBA GOLD CHAIR (O)</b>            11:15 30 MIN. ZUMBA GOLD            12:30 FIT AND FABULOUS            2:00 DANCE-THE BALLROOM WORKOUT            4:30 STRONG by Zumba            5:30 Group Training</p>	<p><b>10</b>            8:15 B FIT            9:10 PEPS            10: 00 Mastering Your Energy            10:15 ZUMBA GOLD FRIDAY AM            11:30 30 MIN. ZUMBA GOLD            12:15 FIT AND FABULOUS            1:00 ZUMBA GOLD            2:15 HOOP DANCE FITNESS</p>
<p><b>13</b>            8:00 Yoga            8:15 B FIT            9:10 PEPS            10:00 MODIFIED YOGA            10:30 TAI CHI FORM            11:00 Beginning Tai Chi            1:00 ZUMBA GOLD            2:30-3:30 Line Dance II            3:30-4:30 Line Dance I            5:30 ZUMBA TONING</p>	<p><b>14</b>            8:00 Seniors Circuit            9:00 GENTLE YOGA            9:15 LOW AND SLOW            10:15 CHAIR YOGA            11:00 FOLK DANCE            12:30 FIT AND FABULOUS  <b>1:30 ZUMBA GOLD CHAIR (N)</b>            2:30 30 MIN. ZUMBA GOLD            4:30 STRONG by Zumba            5:30 Group Training</p>	<p><b>15</b>            8:00 Yoga            8:15 B FIT            9:10 PEPS            10:00 MODIFIED YOGA            10:30 TAI CHI FORM            11:00 Beginning Tai Chi            1:00 ZUMBA GOLD (T)  <b>2:15 HOOP DANCE FITNESS (E)</b>  <b>5:30 ZUMBA (E)</b></p>	<p><b>16</b>            8:00 Seniors Circuit            9:00 GENTLE YOGA  <b>9:15 LOW AND SLOW (E)</b>            10:15 Chair Yoga            10:15 ZUMBA GOLD CHAIR            11:15 30 MIN. ZUMBA GOLD            12:30 FIT AND FABULOUS            2:00 DANCE –THE BALLROOM WORKOUT            4:30 STRONG by Zumba            5:30 Group Training</p>	<p><b>17</b>  <b>8:15 B FIT (E)</b>  <b>9:10 PEPS (E)</b>            10: 00 Mastering Your Energy            10:15 ZUMBA GOLD FRIDAY AM            11:30 30 MIN. ZUMBA GOLD            12:15 FIT &amp; FABULOUS            1:00 ZUMBA GOLD  <b>2:15 HOOP DANCE FITNESS (O)</b></p>
<p><b>20</b>            8:00 Yoga  <b>8:15 B FIT (N)</b>  <b>9:10 PEPS (N)</b>            10:00 MODIFIED YOGA            10:30 TAI CHI FORM            11:00 Beginning Tai Chi  <b>1:00 ZUMBA GOLD (E)</b>            2:30-3:30 Line Dance II            3:30-4:30 Line Dance I  <b>5:30 ZUMBA TONING (O)</b></p>	<p><b>21</b>            8:00 Seniors Circuit  <b>9:00 GENTLE YOGA (E)</b>  <b>9:15 LOW AND SLOW (O)</b>  <b>10:15 CHAIR YOGA (E)</b>            11:00 FOLK DANCE  <b>12:30 FIT AND FABULOUS (E)</b>            1:30 ZUMBA GOLD CHAIR  <b>2:30 30 MIN. ZUMBA GOLD (E)</b>            4:30 STRONG by Zumba            5:30 Group Training</p>	<p><b>22</b>            8:00 Yoga            8:15 B FIT            9:10 PEPS  <b>10:00 MODIFIED YOGA (E)</b>            10:30 TAI CHI FORM            11:00 Beginning Tai Chi  <b>1:00 ZUMBA GOLD (T) (O)</b>  <b>2:15 HOOP DANCE FITNESS (N)</b>  <b>5:30 ZUMBA (N)</b></p>	<p><b>23</b>  <b>8:00 Seniors Circuit (E)</b>  <b>9:00 GENTLE YOGA (O)</b>  <b>9:15 LOW AND SLOW (N)</b>  <b>10:15 Chair Yoga (O)</b>            10:15 ZUMBA GOLD CHAIR  <b>11:15 30 MIN. ZUMBA GOLD (O)</b>  <b>12:30 FIT AND FABULOUS (O)</b>  <b>2:00 DANCE-THE BALLROOM WORKOUT (E)</b>            4:30 STRONG by Zumba  <b>5:30 Group Training (E)</b></p>	<p><b>24</b>  <b>8:15 NO B FIT</b>  <b>9:10 NO PEPS</b>            10: 00 Mastering Your Energy (E)  <b>10:15 ZUMBA GOLD FRIDAY AM (E)</b>  <b>11:30 30 MIN. ZUMBA GOLD (N)</b>  <b>12:15 FIT AND FABULOUS (N)</b>  <b>1:00 ZUMBA GOLD (N)</b>            2:15 HOOP DANCE FITNESS</p>
<p><b>27</b>  <b>CENTER</b>  <b>CLOSED FOR</b>  <b>MEMORIAL</b>  <b>DAY</b></p>	<p><b>28</b>  <b>8:00 Seniors Circuit (O)</b>  <b>9:00 NO GENTLE YOGA</b>            9:15 LOW AND SLOW  <b>10:15 NO CHAIR YOGA</b>            11:00 FOLK DANCE            12:30 FIT AND FABULOUS            1:30 ZUMBA GOLD CHAIR            2:30 30 MIN. ZUMBA GOLD            4:30 STRONG by Zumba  <b>5:30 NO Group Training</b></p>	<p><b>29</b>            8:00 Yoga            8:15 B FIT            9:10 PEPS  <b>10:00 MODIFIED YOGA (O)</b>            10:30 TAI CHI FORM            11:00 Beginning Tai Chi            1:00 ZUMBA GOLD (T)            2:15 HOOP DANCE FITNESS            5:30 ZUMBA</p>	<p><b>30</b>  <b>8:00 Seniors Circuit (N)</b>  <b>9:00 GENTLE YOGA (N)</b>            9:15 LOW AND SLOW  <b>10:15 Chair Yoga (N)</b>            10:15 ZUMBA GOLD CHAIR            11:15 30 MIN. ZUMBA GOLD            12:30 FIT AND FABULOUS  <b>1:30 Social Dance</b>            4:30 STRONG by Zumba  <b>5:30 NO Group Training</b></p>	<p><b>31</b>            8:15 B FIT            9:10 PEPS  <b>10: 00 NO Mastering Your Energy</b>  <b>10:15 NO ZUMBA GOLD FRIDAY AM</b>  <b>11:30 NO 30 MIN. ZUMBA GOLD</b>  <b>12:15 NO FIT AND FABULOUS</b>  <b>1:00 NO ZUMBA GOLD</b>            2:15 HOOP DANCE FITNESS</p>