

MAY FITNESS SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p><i>*Classes are held in the Studio <u>unless otherwise noted</u></i></p> <p><i>*Please bring a bottle of water to class</i></p> <p><i>*Classes subject to cancel due to low participation</i></p> | <p>Water Toning (Lee) 7:30-8:15am Lap Pool</p> | <p>Silver Sneakers Classic (Lee) 11:15-12:05pm</p> | <p>Water Toning (Lee) 7:30-8:15am Lap Pool</p> | <p>TRX Upper Body (Janine) 1:40-2:30pm <i>*April 21 - May 26</i></p> |
| | <p>Aqua Yoga (Lee) 8:30-9:15am Lap Pool</p> | <p>TRX Lower Body (Janine) 1:40-2:30pm <i>*April 21-May 26</i></p> | <p>Aqua Yoga (Lee) 8:30-9:15am Lap Pool</p> | |
| | <p>SilverFitness Splash (Lee) 9:15-10:00am Lap Pool</p> | <p><i>*Please scan or check at front desk for most current schedule</i></p> <p><i>*Classes subject to change monthly</i></p> | <p>SilverFitness Splash (Lee) 9:15-10:00am Lap Pool</p> | <p>Saturday</p> |
| <p>Silver Sneakers Classic (Lee) 10:10-11:00am</p> | <p>Silver Sneakers Classic (Lee) 1:00-1:50pm</p> | | <p>POUND Rockout Workout (Ashley/Tracy) 9-9:45am</p> | |
| <p>Booty Sculpt* (Ashley/Tracy) 5-5:50pm</p> | <p>Silver Sneakers Yoga (Lee) 11:15-12:05pm</p> | <p>Circuits & Intervals (Tracy) 6-6:50pm</p> | <p>Silver Chair Yoga (Bob) 2:30-3:30pm</p> | <p><i>Check at the front desk for our Pound punch cards!!</i></p> <p><i>*Booty Sculpt will start the week of 5/15</i></p> |
| <p>Combo Water Workout (Ryan) 6:00-6:45am Lap Pool</p> | <p>Combo Water Workout (Kayla) 6:00-6:45am Lap Pool</p> | | | |
| <p>Gentle Yoga (Bob) 5:30-6:45pm Community - B</p> | <p>Hardcore (Ashley) 6-7:00pm</p> | <p>YOGATHLETE (Ashley) 6-7:00pm Multi-A</p> | <p>Hardcore (Ashley) 6-7:00pm</p> | |
| <p>Circuits & Intervals (Tracy) 6-6:50pm</p> | <p>Open Yoga (Bob) 6-7:15pm Community - B</p> | <p>POUND Rockout Workout (Ashley/Tracy) 7:15-8:00pm</p> | | |

