

# MAY FITNESS SCHEDULE

## Monday

*Classes are held in the Studio unless otherwise noted*

*Please bring a bottle of water to class*

*Classes subject to cancel*

### Silver Sneakers Yoga

(Lee) 1:00-2:00pm

### Rock Bottom

(Ashley/Tracy) 5-5:50pm

### Gentle Yoga

(Bob) 5:30-6:45pm  
Community - B

### Cardio & Kettlebell\*

(Tracy) 6-6:50pm

## Tuesday

### Splash & Tone

(Lee) 8:15-9:00am Lap Pool

### Aqua Yoga

(Lee) 9:10-9:55am Lap Pool

### Silver Sneakers Classic

(Lee) 10:00-10:50am

### Zumba

(Velinda) 5:00-5:50pm

### Combo Water Workout

(Melissa) 6:00-6:45pm

### Hardcore

(Ashley) 6-7:00pm

### Open Yoga

(Bob) 6-7:15pm  
Community - B

## Wednesday

### Silver Sneakers Classic

(Lee) 11:15-12:05pm

*Please scan or check at front desk for most current schedule*

*\*Classes subject to change monthly*

### POUND Rockout Workout or Circuit

(Ashley/Tracy) 5:00-5:50pm

### Cardio & Kettlebell\*

(Tracy) 6-6:50pm

### Power Yoga for Athletes

(Ashley) 6-7:00pm  
Multi-A

## Thursday

### Splash & Tone

(Lee) 8:15-9:00am Lap Pool

### Aqua Yoga

(Lee) 9:10-9:55am Lap Pool

### Silver Chair Yoga

(Bob) 2:30-3:30pm

### Zumba

(Velinda) 5:00-5:50pm

### Combo Water Workout

(Melissa) 6:00-6:45pm

### Hardcore

(Ashley) 6-7:00pm

## Friday

## Saturday

### POUND Rockout Workout or Circuit Saturday

(Ashley/Tracy) 9-9:45am

Circuit  
May 2, 12, 16, 26, 30

POUND Rockout Workout  
May 5, 9, 19, 23  
\*Changes monthly.

Classes in grey are in the water.

Classes in orange have an extra charge.

