



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING: MAY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Fitness Schedule	6:00-7:00a	5:45 – 6:30a	6:00-7:00a		6:00-7:00a		
SPRING 2018	Energize Step Diane	Keep Fit Simple Calisthenics David	Energize Step Diane		Energize Step Diane		
Schedule begins Tuesday, May 1, 2018	7:00-8:00a	7:00-8:00a	7:00-8:00a	7:00-8:00a	7:00-8:00a	7:30-8:30a	
Child Watch Hours: Monday 9-12, 4-7:30p Tuesday 9-12, 4-7:30 Wednesday 9-12,4-7:30 Thursday 9-12, 4-7:30 Friday 9-12, 4-7:30 Saturday 9-12 noon Sunday - closed	20-10 Keith	Pilates Louise	Mindful Meditation Alicia	Pilates Louise	Yoga Barbara	Energize Step Diane	
	8:00-9:00a	8:00-9:00a	8:15-9:15a	8:00-9:00a	8:10-9:10a	8:00-9:00a	
	Body Sculpt Andy *in Exergame	Pilates Barbara	Low Impact Tammy	Pilates Barbara	Low Impact Esther	Zumba Emily *in Exergame	
	8:15-9:10a	8:00-9:00a	8:15-9:15a	8:00-9:00a	8:15-9:15a	8:45-9:45a	
* Classes held upstairs in Exergame Room	Zumba Barbara	Fit for Life Frank *in Exergame	Tai Chi for Balance- Louise *in Exergame *Signup Required	Fit for Life Frank *in Exergame	Tai Chi for Balance- Louise *in Exergame *Signup Required	Hardcore Justin	
*Signup Required - See Front Desk	9:15-10:15a	9:15-10:15a	9:30-10:30a	9:15-10:15a	9:20-10:25a	10:00-10:45a	
	Power Hour Barbara	Zumba Esther	Classic Nia Jessica	Power Hour Charlene	Nia Sculpt Jessica	Fit Kids Carolyn *in Exergame	
	9:30-10:30a	9:15-10:15a	9:30-10:30a	9:15-10:15a	9:30-10:30a	11:30-12:15p	
	Enhance Fitness Frank *in Exergame *Signup Required	Live Life Yoga Kay *in Exergame	Enhance Fitness Frank *in Exergame *Signup Required	Live Life Yoga Kay *in Exergame	Enhance Fitness Frank *in Exergame *Signup Required	Move4Life Kids David *in Exergame	
	10:45-11:45	10:30-11:30	10:45-11:45	10:30-11:30a	10:30-11:30		12:15-1:15p
	Livestrong Alumni -Deb *in Exergame	Half and Half Marcia	Livestrong Alumni -Deb *in Exergame	Kripalu Hatha Yoga Gordon	Body Sculpt Marcia		Zumba Christy
	10:45-11:45		10:45-11:45				1:45-2:45p
	Zumba Sona		Zumba Sona				Yoga Nikki
	11:45-12:45			1:45-2:30p			1:45-2:30p
	Vitality Stretch Mazie			Yoqua Kay *In Small Pool			Aqua Zumba Carolyn
		4:30-5:30p	1:00-2:00p	4:30-5:30p			
		Restorative Yoga Julie	Fitness Chair Denise G *in Exergame	Zumba Christy			
	4:30-5:30p	5:00-6:00p	4:15-5:15p	5:30-6:30p	6:00-7:00p		
	Zumba Christy	Body Sculpt Chris *in Exergame	Yoga Nikki	Bootcamp Justin	Yin Yoga Julie		
	5:30-6:20p	6:15-7:15p	5:30-6:30p	6:30-7:30p			
	Fit Bootcamp Aynaz	Tai Chi Roberta	Cize Live Sona	Hatha Yoga Mazie			
	6:30-7:30p		6:30-7:30p	6:30-8:30p			
	Yoga Flow Sheri		Zumba Toning Carolyn	Aikido Larry *in Exergame			