

Fitness May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 6:45 Gentle Yoga (Kappy) 9:00 Zumba (Ariagna) 9:00 Barre (Danielle) 10:00-10:30 Stretch Express (Danielle) 10:30 iTone (Rissa) 1:30 Kids Yoga (Kappy) 5:00 Power Yoga (Kappy)	3 9:00 Spin 9:30 Strong Nation (Ariagna) 10:30 Fit For Life (Ariagna) 1:30 Kids Yoga (Kappy) 5:30 Cardio Acceleration (Rissa) 6:00 Yoga (Kappy)	4 6:45 Gentle Yoga (Kappy) 9:00 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 5:00 Zumba (Ariagna) 6:00 Yoga (Kappy)	5 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Yoga (Kappy)	6 6:45 Gentle Yoga (Kappy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol)	7 
8	9 6:45 Gentle Yoga (Kappy) 9:00 Zumba (Ariagna) 9:00 Barre (Danielle) 10:00-10:30 Stretch Express (Danielle) 10:30 iTone (Rissa) 5:00 Power Yoga (Kappy)	10 9:00 Spin (Carol) 9:30 Strong Nation (Ariagna) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Yoga (Kappy)	11 6:45 Gentle Yoga (Kappy) 9:00 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 5:00 Zumba (Ariagna) 6:00 Yoga (Kappy)	12 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Jessica) 6:00 Yoga (Kappy) 	13 6:45 Gentle Yoga (Kappy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol)	14
15 	16 6:45 Gentle Yoga (Kappy) 9:00 Zumba (Ariagna) 9:00 Barre (Danielle) 10:00-10:30 Stretch Express (Danielle) 10:30 iTone (Rissa) 1:30 Kids Yoga (Kappy) 5:00 Power Yoga (Kappy)	17 9:00 Spin (Carol) 9:30 Strong Nation (Ariagna) 10:30 Fit For Life (Carol) 1:30 Kids Yoga (Kappy) 5:30 Cardio Acceleration (Rissa) 6:00 Yoga (Kappy)	18 6:45 Gentle Yoga (Kappy) 9:00 Zumba (Ariagna) 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 5:00 Zumba (Ariagna) 6:00 Yoga (Kappy)	19 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Yoga (Kappy)	20 6:45 Gentle Yoga (Kappy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol)	21
22	23 6:45 Gentle Yoga (Kappy) 9:00 Zumba (Ariagna) 9:00 Barre (Danielle) 10:00-10:30 Stretch Express (Danielle) 10:30 iTone (Rissa) 5:00 Power Yoga (Kappy)	24 9:00 Spin (Carol) 9:30 Strong Nation (Ariagna) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Kappy) 6:00 Yoga (Kappy)	25 6:45 Gentle Yoga (Kappy) 9:00 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 5:00 Zumba (Ariagna) 6:00 Yoga (Kappy)	26 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Yoga (Kappy)	27 6:45 Gentle Yoga (Kappy) 9:00 Zone Tone (Carol) 10:30 iTone (Kappy) 10:45 Silver Sneakers (Carol)	28 
29  MEMORIAL DAY Remember & Honor		31 9:00 Spin (Carol) 9:30 Strong Nation (Ariagna) 10:30 Fit For Life (Carol) 1:30 Kids Yoga (Kappy) 5:30 Cardio Acceleration (Jessica) 6:00 Yoga (Kappy)				