



MAY 2019 FITNESS CLASS SCHEDULE



Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00 – 8:45 AM Weekday Fit Loriann White		8:00 – 8:45 AM Weekday Fit Loriann White	8:00 – 8:45 AM Circuit Loriann White	9:00 – 9:45 AM Zumba Catalina Escobar NO CLASS 5/25
8:30 – 9:45 AM Strength and Tone Jane Patton	9:00 – 9:45 AM Senior Fit Jane Patton	8:30 – 9:45 AM Strength and Tone Jane Patton	9:00 – 9:45 AM Senior Fit Jane Patton		10:00 – 10:45 AM Yoga Jan Evrard NO CLASS 5/25
10:00 – 10:45 AM Assist Fit Martha Hoepfner		10:00 – 10:45 AM Assist Fit Martha Hoepfner			
	10:30 – 11:15 AM Stretch & Flex Tammi Glass		10:30 – 11:15 AM Stretch & Flex Tammi Glass		
	5:00 – 5:45 PM Power Hoops Jane Patton	5:30-6:15PM Yoga Jan Evrard	5:30 – 6:15 PM Total Body Tone Tia Vorndran NO CLASS 5/16&30		
6:00 – 6:45 PM Turbo Kick Heidi Sims	6:00 – 6:45 PM Zumba Vanessa Escobar		6:30 – 7:15 PM Cardio Kickboxing Ryan Dishong NO CLASS 5/23		
7:00 – 7:45 PM Pilates Sarah Hellinger		6:30 – 7:15 PM Pound Fit Susan Dietz			
	NO CLASSES	MAY 27TH	WE'RE CLOSED		