

MEMORIAL DAY

MONDAY, MAY 27TH

CLUB HOURS: 7:00am – 1:00pm

FITKIDS HOURS: 9:00am – 12:00pm

Group Exercise Schedule

8:00 – 8:30am	Core Conditioning	Amy P
8:30 – 9:30 am	Body Conditioning	Amy P
9:00 – 9:50 am	Arthritis	Marylee
9:00 – 10:00am	Aqua Aerobics	Lora
9:15 – 10:15am	Cycle	Susan E
9:15 – 10:30am	Power Yoga	Stephanie
9:35 – 10:30Am	Barre Class	Werner
10:00 – 11:00am	Arthritis	Kris
11:00 – 11:55am	Nia	Myrna
11:00 – 11:50am	Ai Chi	Kris
11:00am – 12:00pm	Yoga Basics	Liza

