

DROP-IN FITNESS CLASSES

May 2024

SUN		MON		TUE		WED		THU		FRI		SAT	
						1		2		3		4	
								9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>				9:30 - 10:20 AM Power Walk & Weights <i>Cindy</i>	
						12:15 - 12:45 PM Track/Turf Interval <i>Suzie</i>		12:15 - 12:45 PM Get Ripped <i>Josie</i>		12:15 - 12:45 PM Yoga <i>Suzie</i>			
						1:00 - 2:00 PM Light Adult Fitness Toned & Stretch <i>Zirkia</i>				1:00 - 2:00 PM Light Adult Fitness Zumba <i>Zirkia</i>			
						5:30 - 6:00 PM 30 Min Spin <i>Josie</i>		5:30 - 6:20 PM Body Sculpt <i>Cindy</i>		5:30 - 6:20 PM Get Ripped <i>Zirkia</i>			
5		6		7		8		9		10		11	
				9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>				9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>				9:30 - 10:20 AM Power Walk & Weights <i>Cindy</i>	
		12:15 - 12:45 PM Spin <i>Suzie</i>		12:15 - 12:45 PM Core Workout <i>Josie</i>		12:15 - 12:45 PM Track/Turf Interval <i>Josie</i>		12:15 - 12:45 PM Get Ripped <i>Suzie</i>		12:15 - 12:45 PM Yoga <i>Josie</i>			
		1:00 - 2:00 PM Light Adult Fitness Yoga <i>Gloria</i>				1:00 - 2:00 PM Light Adult Fitness Spin Interval <i>Zirkia</i>				1:00 - 2:00 PM Light Adult Fitness Cardio Mix <i>Josie</i>			
		5:30 - 6:20 PM Speed Walk & Weights <i>Cindy</i>		5:30 - 6:20 PM Yoga <i>Josie</i>		5:30 - 6:00 PM 30 Min Spin <i>Suzie</i>		5:30 - 6:20 PM Step Into Fitness <i>Cindy</i>		5:30 - 6:20 PM Strength Core & Balance <i>Cindy</i>			
12		13		14		15		16		17		18	
				9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>				9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>				9:30 - 10:20 AM Power Walk & Weights <i>Cindy</i>	
		12:15 - 12:45 PM Spin <i>Suzie</i>		12:15 - 12:45 PM Core Workout <i>Josie</i>		12:15 - 12:45 PM Track/Turf Interval <i>Suzie</i>		12:15 - 12:45 PM Get Ripped <i>Josie</i>		12:15 - 12:45 PM Yoga <i>Suzie</i>			
		1:00 - 2:00 PM Light Adult Fitness Pound Rockout Workout <i>Gloria</i>				1:00 - 2:00 PM Light Adult Fitness Ripped & Stretch <i>Zirkia</i>				1:00 - 2:00 PM Light Adult Fitness Urban Poling <i>Gloria</i>			
		5:30 - 6:20 PM Speed Walk & Weights <i>Cindy</i>		5:30 - 6:20 PM Yoga <i>Suzie</i>		5:30 - 6:00 PM 30 Min Spin <i>Josie</i>		5:30 - 6:20 PM Kickboxing <i>Cindy</i>		5:30 - 6:20 PM Strength Core & Balance <i>Cindy</i>			
19		20		21		22		23		24		25	
		NO CLASSES		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>				9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>				9:30 - 10:20 AM Power Walk & Weights <i>Cindy</i>	
				12:15 - 12:45 PM Core Workout <i>Suzie</i>		12:15 - 12:45 PM Track/Turf Interval <i>Josie</i>		12:15 - 12:45 PM Get Ripped <i>Suzie</i>		12:15 - 12:45 PM Yoga <i>Josie</i>			
						1:00 - 2:00 PM Light Adult Fitness Toned & Stretch <i>Zirkia</i>				1:00 - 2:00 PM Light Adult Fitness Track Interval <i>Zirkia</i>			
				5:30 - 6:20 PM Yoga <i>Josie</i>		5:30 - 6:00 PM 30 Min Spin <i>Suzie</i>		5:30 - 6:20 PM Body Sculpt <i>Cindy</i>		5:30 - 6:20 PM Get Ripped <i>Zirkia</i>			
26		27		28		29		30		31			
				9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>				9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>					
		12:15 - 12:45 PM Spin <i>Suzie</i>		12:15 - 12:45 PM Core Workout <i>Josie</i>		12:15 - 12:45 PM Track/Turf Interval <i>Suzie</i>		12:15 - 12:45 PM Get Ripped <i>Josie</i>		12:15 - 12:45 PM Yoga <i>Suzie</i>			
		1:00 - 2:00 PM Light Adult Fitness Transform <i>Gloria</i>				1:00 - 2:00 PM Light Adult Fitness Spin Interval <i>Zirkia</i>				1:00 - 2:00 PM Light Adult Fitness Zumba <i>Gloria</i>			
		5:30 - 6:20 PM Speed Walk & Weights <i>Cindy</i>		5:30 - 6:20 PM Yoga <i>Suzie</i>		5:30 - 6:00 PM 30 Min Spin <i>Josie</i>		5:30 - 6:20 PM Step Into Fitness <i>Cindy</i>		5:30 - 6:20 PM Strength Core & Balance <i>Cindy</i>			