



MAY GROUP FITNESS SCHEDULE

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Y FIT BETH 5:15AM	Y FIT BETH 5:15AM	Y FIT BETH 5:15AM	Y FIT BETH 5:15AM	PICKLEBALL 8:30AM
YOGA KARIN 9:00AM	SILVER SNEAKERS CIRCUIT Mikala 9:00AM	PICKLEBALL 9:00AM	SILVER SNEAKERS CIRCUIT Karin 9:00AM	YOGA SCUPLT SARAH BAKER 4:30PM
PICKLEBALL 9:00AM	CHAIR YOGA KARIN 10:15AM	Y FIT JUSTIN 6:30PM	CHAIR YOGA KARIN 10:15AM	
YOGA SCULPT SARAH BAKER 5:00PM	PICKLEBALL 10:00AM		PICKLEBALL 3:00PM	
DANCE FIT DAISY 6:30PM	PICKLEBALL 3:00PM		MOVE IT, SHAKE IT, LIFT IT DEON 4:40PM	
	MOVE IT, SHAKE IT, LIFT IT DEON 4:40PM		Y FIT ANGIE 5:30PM	
	Y FIT ANGIE 5:30PM			

***YFIT is canceled for May 1st at 5:30PM.**

***Yoga Sculpt is canceled for May 16th.**