

May 2017

FITNESS, DANCE, AND EXERCISE SCHEDULE

(SUBJECT TO CHANGE WITHOUT NOTICE)

May 2017						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June 2017						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

	Monday	Tuesday	Wednesday	Thursday	Friday
May 1 - 5	May 1 9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	2 9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne	3 9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	4 9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	5 9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
	8 9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	9 9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne	10 9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	11 9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	12 9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
May 8 - 12	15 9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	16 9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne	17 9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	18 9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	19 9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
	22 9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	23 9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne	24 9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	25 9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	26 9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
May 15 - 19	29 Memorial Day Municipal Offices and Senior Center Closed	30 9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne Cancelled - (video available)	31 9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne Cancelled - (video available)	Jun 1 <i>Happy Mother's Day</i> <i>Happy Memorial Day</i>	
					2
May 22 - 26					
May 29 - Jun 2					