

MAY 2018 FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:00 Step & Sculpt—Traci	2 8:00 Senior Fitness—Beth 1:30 Yoga—Linda 5:30 Pilates—Traci	3	4 8:00 Senior Fitness—Janice 9:00 Step & Sculpt—Traci	5
6	7 8:00 Senior Fitness—Beth 9:00 Aerobics Workout—Janice	8 9:00 TBC—Linda	9 8:00 Senior Fitness—Beth 1:30 Yoga—Linda 5:30 TBC—Linda	10	11 8:00 Senior Fitness—Janice 9:00 Step & Sculpt—Janice	12
13 	14 8:00 Senior Fitness—Beth 9:00 Interval Workout—Janice	15 9:00 Step & Sculpt—Linda	16 8:00 Senior Fitness—Beth 1:30 Yoga—Linda 5:30 TBC—Linda	17	18 8:00 Senior Fitness—Janice 9:00 Step & Sculpt—Beverly	19
20	21 8:00 Senior Fitness—Beth 9:00 Aerobics Workout—Janice	22 9:00 TBC—Linda	23 8:00 Senior Fitness—Beth 1:30 Yoga—Fleta 5:30 Pilates—Traci	24 LAST DAY OF SCHOOL!	25 8:00 Senior Fitness—Janice 9:00 Step & Sculpt—Traci	26
27	28 MEMORIAL DAY CAC IS CLOSED	29 9:00 Step & Sculpt—Traci/ Linda	30 8:00 Senior Fitness—Beth 1:30 Yoga—Linda 5:30 Pilates—Traci	31		