


Fitness Calendar - May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Call Brenda at extension 1482 to get help</p>	<p>1 9:00 Balance Class - TH 10:00 AquaLite - Pool 1:00 Yoga - TH 1:30 Posture Fix - TH 2:00 Circuit Training - FC</p>	<p>2 11:00 AquaFit - Pool 1:00 AquaLite - Pool 3:30 Sit & Fit - TH 4:00 Qigong - TH</p>	<p>3 9:00 Balance Class - TH 10:00 AquaLite - Pool 1:00 Yoga - TH</p>	<p>4 11:00 AquaFit - Pool 3:30 Sit & Fit - TH 4:00 Qigong - TH</p>	<p>5 9:00 Posture Fix - TH 1:00 AquaLite - Pool</p>
6	<p>7 9:00 Sit & Fit - TH 10:30 AquaZumba - Pool 11:00 AquaFit - Pool 3:30 Sit & Fit - TH 4:00 Qigong - TH</p>	<p>8 9:00 Balance Class - TH 10:00 AquaLite - Pool 1:00 Yoga - TH 1:30 Posture Fix - TH 2:00 Circuit Training - FC</p>	<p>9 11:00 AquaFit - Pool 1:00 AquaLite - Pool</p>	<p>10 9:00 Balance Class - TH 10:00 AquaLite - Pool 1:00 Yoga - TH</p>	<p>11 11:00 AquaFit - Pool 3:30 Sit & Fit - TH 4:00 Qigong - TH</p>	<p>12 9:00 Posture Fix - TH 1:00 AquaLite - Pool</p>
13	<p>14 9:00 Sit & Fit - TH 10:30 AquaZumba - Pool 11:00 AquaFit - Pool 3:30 Sit & Fit - TH 4:00 Qigong - TH</p>	<p>15 9:00 Balance Class - TH 10:00 AquaLite - Pool 1:00 Yoga - TH 1:30 Posture Fix - TH 2:00 Circuit Training - FC</p>	<p>16 11:00 AquaFit - Pool 1:00 AquaLite - Pool 3:30 Sit & Fit - TH 4:00 Qigong - TH</p>	<p>17 9:00 Balance Class - TH 10:00 AquaLite - Pool 1:00 Yoga - TH</p>	<p>18 10:30 Tri Community AquaZumba - Pool 11:00 AquaFit - Pool 3:30 Sit & Fit - TH 4:00 Qigong - TH</p>	<p>19 9:00 Posture Fix - TH 1:00 AquaLite - Pool</p>
20	<p>21 9:00 Sit & Fit - TH 10:30 AquaZumba - Pool 11:00 AquaFit - Pool 3:30 Sit & Fit - TH 4:00 Qigong - TH</p>	<p>22 9:00 Balance Class - TH 10:00 AquaLite - Pool 1:00 Yoga - TH 1:30 Posture Fix - TH 2:00 Circuit Training - FC</p>	<p>23 11:00 AquaFit - Pool 1:00 AquaLite - Pool 3:30 Sit & Fit - TH 4:00 Qigong - TH</p>	<p>24 9:00 Balance Class - TH 10:00 AquaLite - Pool 1:00 Yoga - TH</p>	<p>25 11:00 AquaFit - Pool 3:30 Sit & Fit - TH 4:00 Qigong - TH</p>	<p>26 9:00 Posture Fix - TH 1:00 AquaLite - Pool</p>
27	<p>28 *Memorial Day No Classes</p>	<p>29 9:00 Balance Class - TH 10:00 AquaLite - Pool 1:30 Posture Fix - TH 2:00 Circuit Training - FC</p>	<p>30 11:00 AquaFit - Pool 1:00 AquaLite - Pool 3:30 Sit & Fit - TH 4:00 Qigong - TH</p>	<p>31 9:00 Balance Class - TH 10:00 AquaLite - Pool 1:00 Yoga - TH</p>	