

MAY 2025 FITNESS CLASSES (ACTIVITY CENTER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NO CLASSES MAY 26	STRENGTH 6-7am		STRENGTH 6-7am	STRENGTH & STRETCH 6-7am	
	EASY DOES IT FIT PARTY 9-10am		EASY DOES IT STRENGTH 9-10am		
STEP/ SCULPT 9:30-10:30am	BALL 10-10:30am	TOTAL BODY 9:30-10:30am		INTERVAL 9:30-10:30am	
EASY DOES IT HI-LO 10:35-11:35am	EASY DOES IT BALANCE 10:35-11:05am	EASY DOES IT STRENGTH 10:35-11:20am	EASY DOES IT ZUMBA GOLD 10:05-11:05am	EASY DOES IT BALANCE 10:35-11:35am	
		EASY DOES IT GENTLE MOBILITY 11:25-11:55am *SENIOR LINE DANCE 12:45-1:45pm			
BASIC STEP w/WEIGHTS 5:45-6:30pm			Starts May 8 POUND ROCKOUT 5:30-6:30pm		
CORE 6-6:30pm	FLEXIBILITY & MOBILITY 6-6:30PM	STRENGTH 6-6:30pm			
BARRE 6:30-7:15pm	PILATES 6:30-7pm	STRETCH 6:30-7pm			
NO ZUMBA CLASS 5/19 *ZUMBA W/ Queenie 6:30-7:30pm		*MIXXEDFIT W/Twanisha 6:30-7:30pm	WERQ W/ Kristyn 6:30-7:30pm	*LINE DANCE W/ Denise 6:30-7:30pm	FEES ON BACK *Daily fee per class
*BELLY DANCE W/ Anna 7:20-8:20pm					