

WEEKLY FITNESS SCHEDULE

JUNE 2018

All classes begin week of June 4

SUBJECT TO CHANGE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7AM		Gentle Yoga (45 min) Kristen		Gentle Yoga (45 min) Kristen			
8AM	Group fitness Mary (starts 6/6)		Group fitness Mary			Tennis Rod 8:30 - 9:30	
9AM	Water fitness Mary (starts 6/6)	Water fitness Lynn	Water fitness Mary	Pickleball Joe	Water fitness Lynn	Private lessons 9:30 - 10	
10AM					Pilates mat Kristen	Gentle yoga Kristen	
11AM	Pilates mat- Kristen		Tai Chi Tricia		Optional Personal Training Kristen	Optional Personal Training Kristen	
12PM	Optional Personal training - Kristen						
1PM							
2PM		Line Dancing Heather					
3PM					Group Fitness Matt		
4PM					Optional personal training Matt		
5PM							
6PM							
6:30PM	Tai Chi Tricia	Group Fitness	Gentle Yoga Tracy	Group Fitness			
7PM		Matt		Matt			
7:30PM		Optional personal training Matt		Optional personal training Matt			

***** Beginner Bocce
Instructions***
June 6 & 12th @ 11 am**

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8PM							
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