



MAY



Saturday Class Lineup

May 5th

7-STEP- Robin

8- Cycling- Mayra

9- Grit strength- Mayra

9- Water Fit- Sally

10:15- Yoga- Ali

10-11-Downward Dog for pups

Puppy yoga- \$15 members / \$30 non-member ALL proceeds donated to SBC Animal Shelter

May 19th

7-STEP- Robin

8 – Cycling – Traci

9-GRIT cardio-Traci – Activities Rm

9 – Water Fit –Monica

10:15-Yoga– Ricardo –Act Rm

9-10 ZUMBA Party

***\$10 members' \$15 non-members
(Aerobics Room)***

May 12th

8 – Cycling- Mayra

9- Barre-Marilyn

9- Water Fit- Kellie

10:15- Yoga- Marilyn

May 26th

8-9:30 SPiN Party!

Member Appreciation Spin party - FREE

9- BODYPUMP – Monica

9- Water Fit- Katie

10:15- Yoga- Monica

