



SUN

MON

TUE

WED

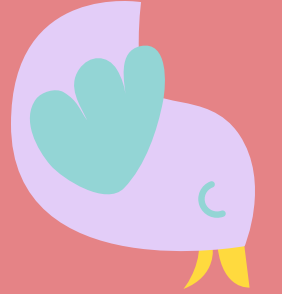
THU

FRI

SAT

MAY

		<p>01</p> <p>7:00AM TRX TEAM - DAY 4 8:00AM SUNRISE STRETCH 9:00AM INTRO TO TRX 10:15AM PILATES 11:30AM RESISTANCE CIRCUIT TRAINING 9:00AM ZUMBA STEP 10:00AM - 12:00PM SCHEDULED PICKLEBALL 6:30PM HIIT</p>	<p>02</p> <p>8:00AM SUNRISE STRETCH 9:00AM TRX 10:15AM PILATES 11:30AM STRONG STABILITY 9:00AM ZUMBA TONE 10:00AM - 12:00PM SCHEDULED PICKLEBALL</p>	<p>03</p> <p>6:00PM - 8:00PM SCHEDULED PICKLEBALL 6:30PM HIIT</p>	<p>04</p> <p>7:00AM SUNRISE STRETCH 8:00AM SUNRISE STRETCH 9:00AM YIN YOGA 11:00AM HIIT 10:00AM - 12:00PM SCHEDULED PICKLEBALL</p>	<p>05</p> <p>7:00AM SUNRISE STRETCH 8:00AM SUNRISE STRETCH 9:00AM HIIT 10:30AM YIN YOGA 10:00AM - 12:00PM SCHEDULED PICKLEBALL</p>
<p>06</p> <p>1:00PM - 3:00PM SCHEDULED PICKLEBALL</p>	<p>07</p> <p>7:00AM SUNRISE STRETCH 8:30AM - 9:30AM ZUMBA FITNESS</p>	<p>08</p> <p>7:00AM TRX TEAM - DAY 5 8:00AM SUNRISE STRETCH 9:00AM INTRO TO TRX 10:15AM PILATES 11:30AM RESISTANCE CIRCUIT TRAINING 9:00AM ZUMBA STEP 10:00AM - 12:00PM SCHEDULED PICKLEBALL 6:30PM HIIT</p>	<p>09</p> <p>8:00AM SUNRISE STRETCH 9:00AM TRX 9:00M ZUMBA TONE 10:15AM PILATES 11:30AM STRONG STABILITY 10:00AM - 12:00PM SCHEDULED PICKLEBALL</p>	<p>10</p> <p>7:00AM TRX TEAM - DAY 6 8:00AM SUNRISE STRETCH 9:00AM WATER AEROBICS 11:30AM RESISTANCES CIRCUIT TRAINING 6:00PM - 8:00PM SCHEDULED PICKLEBALL 6:30PM HIIT</p>	<p>11</p> <p>7:00AM SUNRISE STRETCH 8:00AM SUNRISE STRETCH 9:00AM YIN YOGA 11:00AM HIIT 10:00AM - 12:00PM SCHEDULED PICKLEBALL</p>	<p>12</p> <p>7:00AM SUNRISE STRETCH 8:00AM SUNRISE STRETCH 9:00AM HIIT 10:30AM YIN YOGA 10:00AM - 12:00PM SCHEDULED PICKLEBALL</p>
<p>13</p> <p>1:00PM - 3:00PM SCHEDULED PICKLEBALL</p>	<p>14</p> <p>7:00AM SUNRISE STRETCH 8:00AM SUNRISE STRETCH 9:00AM TRX 10:15AM PILATES 11:30AM STRONG STABILITY 8:30AM - 9:30AM ZUMBA FITNESS</p>	<p>15</p> <p>7:00AM TRX TEAM - DAY 7 8:00AM SUNRISE STRETCH 9:00AM INTRO TO TRX 10:15AM PILATES 11:30AM RESISTANCE CIRCUIT TRAINING 9:00AM ZUMBA STEP 10:00AM - 12:00PM SCHEDULED PICKLEBALL 6:30PM HIIT</p>	<p>16</p> <p>8:00AM SUNRISE STRETCH 9:00AM TRX 9:00M ZUMBA TONE 10:15AM PILATES 11:30AM STRONG STABILITY 10:00AM - 12:00PM SCHEDULED PICKLEBALL</p>	<p>17</p> <p>7:00AM TRX TEAM - DAY 8 8:00AM SUNRISE STRETCH 9:00AM WATER AEROBICS 11:30AM RESISTANCES CIRCUIT TRAINING 6:00PM - 8:00PM SCHEDULED PICKLEBALL 6:30PM HIIT</p>	<p>18</p> <p>7:00AM SUNRISE STRETCH 8:00AM SUNRISE STRETCH 9:00AM YIN YOGA 11:00AM HIIT 10:00AM - 12:00PM SCHEDULED PICKLEBALL</p>	<p>19</p> <p>7:00AM SUNRISE STRETCH 8:00AM SUNRISE STRETCH 9:00AM HIIT 10:30AM YIN YOGA 10:00AM - 12:00PM SCHEDULED PICKLEBALL</p>
<p>20</p> <p>1:00PM - 3:00PM SCHEDULED PICKLEBALL</p>	<p>21</p> <p>7:00AM SUNRISE STRETCH 8:00AM SUNRISE STRETCH 9:00AM TRX 10:15AM PILATES 11:30AM STRONG STABILITY 8:30AM - 9:30AM ZUMBA FITNESS</p>	<p>22</p> <p>7:00AM TRX TEAM - DAY 9 8:00AM SUNRISE STRETCH 9:00AM INTRO TO TRX 10:15AM PILATES 11:30AM RESISTANCE CIRCUIT TRAINING 9:00AM ZUMBA STEP 10:00AM - 12:00PM SCHEDULED PICKLEBALL 6:30PM HIIT</p>	<p>23</p> <p>8:00AM SUNRISE STRETCH 9:00AM TRX 9:00M ZUMBA TONE 10:15AM PILATES 11:30AM STRONG STABILITY 10:00AM - 12:00PM SCHEDULED PICKLEBALL</p>	<p>24</p> <p>7:00AM TRX TEAM - DAY 10 8:00AM SUNRISE STRETCH 9:00AM WATER AEROBICS 10:15AM INTRO TO TRX 11:30AM RESISTANCES CIRCUIT TRAINING 6:00PM - 8:00PM SCHEDULED PICKLEBALL 6:30PM HIIT</p>	<p>25</p> <p>7:00AM SUNRISE STRETCH 8:00AM SUNRISE STRETCH 9:00AM YIN YOGA 11:00AM HIIT 10:00AM - 12:00PM SCHEDULED PICKLEBALL</p>	<p>26</p> <p>7:00AM SUNRISE STRETCH 8:00AM SUNRISE STRETCH 9:00AM HIIT 10:30AM YIN YOGA 10:00AM - 12:00PM LADIES SELF DEFENSE 10:00AM - 12:00PM SCHEDULED PICKLEBALL</p>
<p>27</p> <p>1:00PM - 3:00PM SCHEDULED PICKLEBALL</p>	<p>28</p> <p>7:00AM SUNRISE STRETCH 8:00AM SUNRISE STRETCH 9:00AM TRX 10:15AM PILATES 11:30AM STRONG STABILITY 8:30AM - 9:30AM ZUMBA FITNESS</p>	<p>29</p> <p>7:00AM TRX TEAM - DAY 11 8:00AM SUNRISE STRETCH 9:00AM INTRO TO TRX 10:15AM PILATES 11:30AM RESISTANCE CIRCUIT TRAINING 9:00AM ZUMBA STEP 10:00AM - 12:00PM SCHEDULED PICKLEBALL 6:30PM HIIT</p>	<p>30</p> <p>8:00AM SUNRISE STRETCH 9:00AM TRX 9:00M ZUMBA TONE 10:15AM PILATES 11:30AM STRONG STABILITY 10:00AM - 12:00PM SCHEDULED PICKLEBALL</p>	<p>31</p> <p>7:00AM TRX TEAM - DAY 12 8:00AM SUNRISE STRETCH 9:00AM WATER AEROBICS 10:15AM INTRO TO TRX 11:30AM RESISTANCES CIRCUIT TRAINING 6:00PM - 8:00PM SCHEDULED PICKLEBALL 6:30PM HIIT</p>		



2018



TRX CLASSES ARE LIMITED TO 6 PEOPLE.

CLASSES ARE SUBJECT TO CHANGE.

ZUMBA CLASSES AND PICKLE BALL WILL BE HELD IN THE TENNIS COURTS.

PLEASE ARRIVE 10 MINUTES EARLY FOR EACH CLASS.