Updated 4/26/19

May 2019 Fitness Schedule – Jerry Belk Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Monday & Wednesday ***6:15-7:15a Yoga*** ***&*** ***Monday*** ***9:30-10a Forever Young*** ***classes have been cancelled.***		1 ***New Class*** ***6:15-7:15a Stretch Fusion - Chenelle*** 9-10a Barre 5-5:30p Quick Fit 5:30-6:30p Zumba®	2 6:15-7:15a Circuit Training 9:30-10:30a Forever Young 5:15-6p Core + Strength & Conditioning 6-6:30p Kickboxing	3 9-10a Barre 5:30-6:30p GetFit	4 10-11a Forever Young
5	6 ***New Class*** ***6:15-7:15a Stretch Fusion - Chenelle*** 5-5:30p Quick Fit 5:30-6:30p Zumba®	7 6:15-7:15a Circuit Training 9:30-10:30a Forever Young 5:15-6p Core + Strength & Conditioning 6-6:30p Kickboxing	8 6:15-7:15a Stretch Fusion- **Chenelle** 9-10a Barre 5-5:30p Quick Fit 5:30-6:30p Zumba®	9 6:15-7:15a Circuit Training 9:30-10:30a Forever Young 5:15-6p Core + Strength & Conditioning 6-6:30p Kickboxing	10 9-10a Barre 5:30-6:30p GetFit	11 10-11a Forever Young
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26	27 **CLOSED FOR MEMORIAL DAY**	28 6:15-7:15a Circuit Training 9:30-10:30a Forever Young 5:15-6p Core + Strength & Conditioning 6-6:30p Kickboxing	29 6:15-7:15a Stretch Fusion- **Chenelle** 9-10a Barre 5-5:30p Quick Fit 5:30-6:30p Zumba®	30 6:15-7:15a Circuit Training 9:30-10:30a Forever Young 5:15-6p Core + Strength & Conditioning 6-6:30p Kickboxing	31 9-10a Barre 5:30-6:30p GetFit	