Updated 4/26/2019

May 2019 Fitness Schedule - Bobby Miller Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Monday Night **6-7p 30/30 Core & Kick** **has been cancelled**	***Tuesday Night*** ***5:40-6:10p POUND® and*** ***6:30-7:30p Yoga*** ***has been cancelled***	1 9-10a PHITT 10:30–11:30a Yoga 5:30-6:30p Line Dance 6:30-7:30p Yang Style TaiChi 6:30-7:30p Zumba®-**Jackie**	2 8-8:30a Pilates 9-10a SS Splash 9-10a Zumba® 10-11a SS Classic 10:15-11:30a Sun Style TaiChi for Arthritis 4:45-5:30p Boot Camp 5:30-6:15p Zumba® 6:30-7:30p Water Aerobics	3 9-9:45a GIT Fit 10:30–11:30a Yoga	4
5	6 9-9:45a GIT Fit 9-10a Zumba® 10-11a Deep Water 10-11a SS Classic 6-7p Yang Style TaiChi 6:30-7:30p Zumba®- **Stacey**	7 8-8:30a Pilates 9-10a SS Splash 9-10a Boot Camp 10:15-11:30a Sun Style TaiChi for Arthritis 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics	8 9-10a PHITT 10:30–11:30a Yoga 5:30-6:30p Line Dance 6:30-7:30p Yang Style TaiChi 6:30-7:30p Zumba®-**Stacey**	9 8-8:30a Pilates 9-10a SS Splash 9-10a Zumba® 10-11a SS Classic 10:15-11:30a Sun Style TaiChi for Arthritis 4:45-5:30p Boot Camp 5:30-6:15p Zumba® 6:30-7:30p Water Aerobics	10 9-9:45a GIT Fit 10:30–11:30a Yoga	11
12	13 9-9:45a GIT Fit 9-10a Zumba® 10-11a Deep Water 10-11a SS Classic 6-7p Yang Style TaiChi 6:30-7:30p Zumba®- **Jackie**	14 8-8:30a Pilates 9-10a SS Splash 9-10a Boot Camp 10:15-11:30a Sun Style TaiChi for Arthritis 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics	15 9-10a PHITT 10:30–11:30a Yoga 5:30-6:30p Line Dance 6:30-7:30p Yang Style TaiChi 6:30-7:30p Zumba®-**Jackie**	16 8-8:30a Pilates 9-10a SS Splash 9-10a Zumba® 10-11a SS Classic 10:15-11:30a Sun Style TaiChi for Arthritis 4:45-5:30p Boot Camp 5:30-6:15p Zumba® 6:30-7:30p Water Aerobics	17 9-9:45a GIT Fit 10:30–11:30a Yoga	18
19	20 9-9:45a GIT Fit 9-10a Zumba® 10-11a Deep Water 10-11a SS Classic 6-7p Yang Style TaiChi 6:30-7:30p Zumba®-**Stacey**	21 8-8:30a Pilates 9-10a SS Splash 9-10a Boot Camp 10:15-11:30a Sun Style TaiChi for Arthritis 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics	22 9-10a PHITT 10:30–11:30a Yoga 5:30-6:30p Line Dance 6:30-7:30p Yang Style TaiChi 6:30-7:30p Zumba®-**Stacey**	23 ***8-8:30a No Pilates today*** ***9-10a No SS Splash today*** 9-10a Zumba® 10-11a SS Classic 10:15-11:30a Sun Style TaiChi for Arthritis 4:45-5:30p Boot Camp 5:30-6:15p Zumba® 6:30-7:30p Water Aerobics	24 9-9:45a GIT Fit- **Chenelle** 10:30–11:30a Yoga	25
26	27 **CLOSED FOR MEMORIAL DAY**	28 8-8:30a Pilates 9-10a SS Splash 9-10a Boot Camp 10:15-11:30a Sun Style TaiChi for Arthritis 6:15-7:15p Zumba Toning®- **Chenelle** 6:30-7:30p Water Aerobics	29 9-10a PHITT 10:30–11:30a Yoga 5:30-6:30p Line Dance 6:30-7:30p Yang Style TaiChi 6:30-7:30p Zumba®- **Jackie**	30 8-8:30a Pilates 9-10a SS Splash 9-10a Zumba® 10-11a SS Classic 10:15-11:30a Sun Style TaiChi for Arthritis 4:45-5:30p Boot Camp 5:30-6:15p Zumba® 6:30-7:30p Water Aerobics	31 9-9:45a GIT Fit 10:30–11:30a Yoga	

Dr. Holloman is still instructing all TaiChi 太极 classes