Update 4/26/19

May 2019 Fitness Schedule - Faucett Brothers Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Mondays & Wednesdays ***5:45-6:30a Boot Camps*** ***have been cancelled***		1 8:30-9a Walking/Running Outdoors 9-9:45a GIT Fit 9-10a SS Splash**-**Amy** 10-10:45a Pilates 4:30-5:15p Quick Fit 6:15-7:15p 30/30 Zumba Strong- **Christa** 6:30-7:30p Yoga-**Michela**	2 5:45-6:30a Boot Camp 9-10a Deep Water- **Andrea** 9-10a Fitness Fusion 9-10a SS Classic** 10:15–11:15a Yoga 10:30-11:20a Line Dancing 4:30-5:15p Quick Fit 6:15-7:15p Zumba®-**Alisha** 6:20-7:20p Water Aerobics ***6:45-7:30p No Pilates tonight***	3 9-10a Quick Fit 9-10a Water Aerobics - **Taryn** 10:30-11a Walking/Running Outdoors 4:30-5:15p Quick Fit ***6-7p No Yoga tonight***	4 9:30-10:30a Zumba®-**Alisha** 9:30-10:30a Quick Fit (class on BBall court)
5	6 8:30-9:30a SS Splash**-**Bea** 9-10a Mix It Up Monday (Pound/Stretch) ***10:15-11a No Pilates today*** 4:30-5:15p Quick Fit 5:40-6:10p POUND®-**Amber** 6:20-7:20p Water Aerobics 6:30-7:30p Yoga-**Michela** 6:45-7:45p Zumba® - **Alisha**	7 5:45-6:30a Boot Camp 9-10a Deep Water 9-10a Fitness Fusion 9-10a SS Classic** 10:15-10:45 Zumba – **Bea** 10:15–11:15a Yoga 4:30-5:15p Quick Fit ***6:15-7:15p No Zumba tonight*** 6:20-7:20p Water Aerobics	*8* 8:30-9a Walking/Running Outdoors 9-9:45a GIT Fit 9-10a SS Splash**-**Amy** 10-10:45a Pilates 4:30-5:15p Quick Fit 6:15-7:15p 30/30 Zumba Strong- **Christa** 6:30-7:30p Yoga-**Michela**	9 5:45-6:30a Boot Camp 9-10a Deep Water 9-10a Fitness Fusion 9-10a SS Classic** 10:15–11:15a Yoga 10:30-11:20a Line Dancing 4:30-5:15p Quick Fit 6:15-7:15p Zumba®-**Alisha** 6:20-7:20p Water Aerobics ***6:45-7:30p No Pilates tonight***	10 9-10a Quick Fit 9-10a Water Aerobics - **Taryn** 10:30-11a Walking/Running Outdoors 4:30-5:15p Quick Fit 6-7p Yoga- **Silke**	11 9:30-10:30a Quick Fit
12	13 8:30-9:30a SS Splash**-**Bea** 9-10a Mix It Up Monday(HIIT/Stretch) 10:15-11a Pilates 4:30-5:15p Quick Fit 5:40-6:10p POUND®-**Sarah** 6:20-7:20p Water Aerobics 6:30-7:30p Yoga-**Michela** 6:45-7:45p Zumba® - **Alisha**	14 5:45-6:30a Boot Camp- **Sarah** 9-10a Deep Water 9-10a Fitness Fusion- **Sarah** 9-10a SS Classic** 10:15-10:45 Zumba – **Bea** 10:15–11:15a Yoga 4:30-5:15p Quick Fit 6:15-7:15p Zumba® - **Alisha** 6:20-7:20p Water Aerobics	15 8:30-9a Walking/Running Outdoors 9-9:45a GIT Fit 9-10a SS Splash**-**Amy** 10-10:45a Pilates 4:30-5:15p Quick Fit 6:15-7:15p 30/30 Zumba Strong- **Christa** 6:30-7:30p Yoga-**Michela**	16 ****5:45-6:30a No Boot Camp today*** 9-10a Deep Water 9-10a Fitness Fusion- **Sarah** 9-10a SS Classic** 10:15–11:15a Yoga 10:30-11:20a Line Dancing 4:30-5:15p Quick Fit 6:15-7:15p Zumba®-**Alisha** 6:20-7:20p Water Aerobics 6:45-7:30p Pilates-**Jo**	17 9-10a Quick Fit- **Morgan** 9-10a Water Aerobics - **Taryn** 10:30-11a Walking/Running 4:30-5:15p Quick Fit 6-7p Yoga -**Silke**	18 9:30-10:30 Strong by Zumba- **Christa** 9:30-10:30a Quick Fit (class on BBall court)
19	20 8:30-9:30a SS Splash**-**Bea** 9-10a Mix It Up Monday(HITT/Cycle) 10:15-11a Pilates 4:30-5:15p Quick Fit 5:40-6:10p POUND®-**Amber** 6:20-7:20p Water Aerobics 6:30-7:30p Yoga-**Michela** 6:45-7:45p Zumba® - **Alisha**	21 5:45-6:30a Boot Camp 9-10a Deep Water 9-10a Fitness Fusion 9-10a SS Classic** 10:15-10:45 Zumba – **Bea** 10:15–11:15a Yoga 4:30-5:15p Quick Fit 6:15-7:15p Zumba® - **Alisha** 6:20-7:20p Water Aerobics	22 8:30-9a Walking/Running Outdoors 9-9:45a GIT Fit 9-10a SS Splash**-**Amy** 10-10:45a Pilates 4:30-5:15p Quick Fit 6:15-7:15p 30/30 Zumba Strong- **Christa** 6:30-7:30p Yoga-**Michela**	23 5:45-6:30a Boot Camp 9-10a Deep Water 9-10a Fitness Fusion 9-10a SS Classic** 10:15–11:15a Yoga ***10:30-11:20a No Line Dancing today*** 4:30-5:15p Quick Fit 6:15-7:15p Zumba®-**Alisha** 6:20-7:20p Water Aerobics 6:45-7:30p Pilates-**Jo**	24 9-10a Quick Fit 9-10a Water Aerobics - **Andrea** 10:30-11a Walking/Running Outdoors - **Chenelle** 4:30-5:15p Quick Fit 6-7p Yoga-**Silke**	25 9:30-10:30a Zumba®-**Alisha**

26	27 **CLOSED FOR MEMORIAL DAY**	28 5:45-6:30a Boot Camp- 9-10a Deep Water 9-10a Fitness Fusion 9-10a SS Classic** 10:15-10:45 Zumba – **Bea** 10:15–11:15a Yoga 4:30-5:15p Quick Fit 6:15-7:15p Zumba® - **Alisha** 6:20-7:20p Water Aerobics	29 8:30-9a Walking/Running Outdoors 9-9:45a GIT Fit 9-10a SS Splash**-**Amy** 10-10:45a Pilates 4:30-5:15p Quick Fit 6:15-7:15p 30/30 Zumba Strong- **Christa** 6:30-7:30p Yoga-**Michela**	30 5:45-6:30a Boot Camp 9-10a Deep Water 9-10a Fitness Fusion 9-10a SS Classic** 10:15–11:15a Yoga 10:30-11:20a Line Dancing 4:30-5:15p Quick Fit 6:15-7:15p Zumba®-**Alisha** 6:20-7:20p Water Aerobics 6:45-7:30p Pilates-**Jo**	31 9-10a Quick Fit 9-10a Water Aerobics - **Taryn** 10:30-11a Walking/Running Outdoors 4:30-5:15p Quick Fit ***6-7p No Yoga tonight***	