Updated 4/30/2018

May 2018 Fitness Schedule - Mary Ann Phelps Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 29	April 30 9-10a Forever Young 12-1p Hatha Yoga-**Linda** 4-4:45p Gentle Yoga-**Linda** 5:15-6p Pilates & TBC-**Linda**	1 ***NEW CLASS*** 5:15-6:15a Boot Camp at Buddy Powell Pavilion* *9:15-10:15a No Mat Pilates today.* 6-7:10p Hatha Yoga-**Linda**	2 9-10a Forever Young	3 ***NEW CLASS*** 5:15-6:15a Boot Camp at Buddy Powell Pavilion* *9:15-10:15a No Mat Pilates today.* 5:15-6p Pilates & TBC-**Linda** 6-7:10pm Hatha Yoga-**Fleta**	4 10-11a Roll Your Yoga-**Silke**	5
6	7 9-10a Forever Young 12-1p Hatha Yoga-**Linda** 4-4:45p Gentle Yoga-**Linda** 5:15-6p Pilates & TBC-**Linda**	8 ***NEW CLASS*** 5:15-6:15a Boot Camp at Buddy Powell Pavilion* *9:15-10:15a No Mat Pilates today.* 6-7:10p Hatha Yoga-**Linda**	9 9-10a Forever Young	10 ***NEW CLASS*** 5:15-6:15a Boot Camp at Buddy Powell Pavilion* *9:15-10:15a No Mat Pilates today.* 5:15-6p Pilates & TBC-**Linda** 6-7:10p Hatha Yoga-**Linda**	11 10-11a Roll Your Yoga-**Silke**	12
13	14 9-10a Forever Young 12-1pm Hatha Yoga-**Linda** 4-4:45p Gentle Yoga-**Linda** 5:15-6p Pilates & TBC-**Linda**	15 ***NEW CLASS*** 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 6-7:10p Hatha Yoga-**Linda**	16 9-10a Forever Young	17 ***NEW CLASS*** 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 5:15-6p Pilates & TBC-**Linda** 6-7:10p Hatha Yoga-**Linda**	18 10-11a Roll Your Yoga-**Silke**	19
20	21 9-10a Forever Young 12-1pm Hatha Yoga-**Linda** 4-4:45p Gentle Yoga-**Linda** 5:15-6p Pilates & TBC-**Linda**	22 ***NEW CLASS*** 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 6-7:10p Hatha Yoga-**Linda**	23 9-10a Forever Young	24 ***NEW CLASS*** 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates *5:15-6p No Pilates & TBC today.* 6-7:10p Hatha Yoga-**Fleta**	25 10-11a Roll Your Yoga-**Silke**	26
27	28 ***CLOSED*** ***MEMORIAL DAY***	29 ***NEW CLASS*** 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 6-7:10p Hatha Yoga-**Linda**	30 9-10a Forever Young	31 ***NEW CLASS*** 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 5:15-6p Pilates & TBC-**Linda** 6-7:10p Hatha Yoga-**Linda**	June 1 10-11a Roll Your Yoga-**Michela**	June 2

TBC = Total Body Conditioning **TBD = To Be Determined**

***Must register for this class. Member-free, Non-member $30/mo.**