Updated 5/31/2018

June 2018 Fitness Schedule - Mary Ann Phelps Activity Center

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

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

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