Updated 4/26/2019

May 2019 Fitness Schedule - Mary Ann Phelps Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9-10a SS Classic	2 5:15-6:15a Boot Camp at Buddy Powell Pavilion* ***9:15-10:15a No Mat Pilates today*** ****No Afternoon Classes today***	3 10-11a Roll Your Yoga	4
5	6 9-10a SS Classic 12-1pm Hatha Yoga 4-4:45p Gentle Yoga 5:15-6p Pilates & TBC	7 5:15-6:15a Boot Camp at Buddy Powell Pavilion* ***9:15-10:15a No Mat Pilates today*** 6-7:10p Hatha Yoga	8 9-10am SS Classic	9 5:15-6:15a Boot Camp at Buddy Powell Pavilion* ***9:15-10:15a No Mat Pilates today*** 5:15-6p Pilates & TBC 6-7:10p Hatha Yoga	10 10-11a Roll Your Yoga	11
12	13 ***9-10a No SS Classic Today*** 12-1pm Hatha Yoga 4-4:45p Gentle Yoga 5:15-6p Pilates & TBC	14 5:15-6:15a Boot Camp at Buddy Powell Pavilion* ***9:15-10:15a No Mat Pilates today*** 6-7:10p Hatha Yoga	15 ***9-10a No SS Classic today***	16 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	17 10-11a Roll Your Yoga	18
19	20 9-10a SS Classic 12-1pm Hatha Yoga 4-4:45p Gentle Yoga 5:15-6p Pilates & TBC	21 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 6-7:10p Hatha Yoga	22 9-10a SS Classic	23 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	24 10-11a Roll Your Yoga	25
26	27 **CLOSED FOR MEMORIAL DAY**	28 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 6-7:10p Hatha Yoga	29 9-10a SS Classic	30 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	31 10-11a Roll Your Yoga- **Fleta**	

TBC = Total Body Conditioning ***Must register for this class. Member-free, Non-member $30/mo.**