Updated 6/3/2019

June 2019 Fitness Schedule - Mary Ann Phelps Activity Center

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

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