



Activities – May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Intermediate Fitness Class w/Roslynn 10-11am	2 Personal Training Class w/Vernon 8:30-9:30am Personal Training Class w/Vernon 6-7pm	3 Intermediate Fitness Class w/Roslynn 10-11am	4 Personal Training Class w/Vernon 8:30-9:30am Intermediate Fitness Class w/Roslynn 10-11am	5 Personal Training Class w/Vernon 9-10am
6	7 Personal Training Class w/Vernon 8:30-9:30am Personal Training Class w/Vernon 6-7pm	8 Yoga with Twyla 8:30-9:30am Intermediate Fitness Class w/Roslynn 10-11am	9 Personal Training Class w/Vernon 8:30-9:30 am Personal Training Class w/Vernon 6-7pm	10 Yoga with Twyla 8:30-9:30am Intermediate Fitness Class w/Roslynn 10-11am	11 Personal Training Class w/Vernon 8:30-9:30am Intermediate Fitness Class w/Roslynn 10-11am	12 Personal Training Class w/Vernon 9-10am
13	14 Personal Training Class w/Vernon 8:30-9:30am Personal Training Class w/Vernon 6-7pm	15 Yoga with Twyla 8:30-9:30am Intermediate Fitness Class w/Roslynn 10-11am	16 Personal Training Class w/Vernon 8:30-9:30 am Personal Training Class w/Vernon 6-7pm	17 Yoga with Twyla 8:30-9:30am Intermediate Fitness Class w/Roslynn 10-11am	18 Personal Training Class w/Vernon 8:30-9:30am Intermediate Fitness Class w/Roslynn 10-11am	19 No Class
20	21 Personal Training Class w/Vernon 8:30-9:30am Personal Training Class w/Vernon 6-7pm	22 Yoga with Twyla 8:30-9:30am Intermediate Fitness Class w/Roslynn 10-11am	23 Personal Training Class w/Vernon 8:30-9:30 am Personal Training Class w/Vernon 6-7pm	24 Yoga with Twyla 8:30-9:30am Intermediate Fitness Class w/Roslynn 10-11am	25 Personal Training Class w/Vernon 8:30-9:30am Intermediate Fitness Class w/Roslynn 10-11am	26 Personal Training Class w/Vernon 9-10am
27	No Classes Memorial Day	29 Yoga with Twyla 8:30-9:30am Intermediate Fitness Class w/Roslynn 10-11am	30 Personal Training Class w/Vernon 8:30-9:30 am Personal Training Class w/Vernon 6-7pm	31 Yoga with Twyla 8:30-9:30am Intermediate Fitness Class w/Roslynn 10-11am		