



May 2022 Class Schedule

Class Prices:

\$18 for Single/Drop-in
 \$100/Month - Unlimited
 \$140 for 10 Class Punch Card

Instructor Key: Doug (D), Chrystal (C), Cindy (CH), Jason (J)

Sr. classes are FREE for SilverSneakers and Renew Active members.
\$35/Month - Sr. Unlimited + Gym Membership

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:00 Sr. Balance (CH) 5:30PM Bootcamp (D)	3	4 9:00 Sr. Strength(D) 5:30PM Bootcamp (D)	5 5:30PM Core & More/ Stretch & Strength (C)	6 9:00 Sr. Cardio (D)	7 8:30AM Super Strong 60 minutes (C)
8 GYM CLOSED <i>Mother's Day</i>	9 9:00 Sr. Balance (CH) 5:30PM Bootcamp (D)	10	11 9:00 Sr. Strength(D) 5:30PM Bootcamp (D) 5:30PM Event at The Heel	12 5:30PM Core & More/ Stretch & Strength (C)	13 9:00 Sr. Cardio (D)	14 8:30AM Super Strong 60 minutes (C)
15 GYM CLOSED <i>Cellcom Marathon</i>	16 9:00 Sr. Balance (CH) 5:30PM Bootcamp (D)	17	18 9:00 Sr. Strength(D) 5:30PM Bootcamp (D)	19 5:30PM Core & More/ Stretch & Strength © 5:30PM Walk & Salad Supper	20 9:00 Sr. Cardio (D)	21 8:30AM Super Strong 60 minutes (C)
22	23 9:00 Sr. Balance (CH) 5:30PM Bootcamp (D)	24	25 9:00 Sr. Strength(D) 5:30PM Bootcamp (D)	26 5:30PM Core & More/ Stretch & Strength (C)	27 9:00 Sr. Cardio (D)	28 8:30AM Super Strong 60 minutes (C)
29	30 GYM CLOSED <i>Memorial Day</i>	31				