



May 2019 Fitness Studio

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Times not designated are for "Open Use" However, the schedule could change without prior notice.</p>			<p>1 6:30pm - 7:30pm Zumba</p>	<p>2 10am - 11am Tai Chi/Laughter Yoga 5:30pm - 6:20pm Spin Class</p>	<p>3 Open</p>	<p>4 7:10am - 7:50am Spin Class 8am - 9:20am Core & Stretch</p>
<p>5 3pm - 4pm Zumba (\$6 "drop-in fee required)</p>	<p>6 6:30pm - 7:30pm Zumba</p>	<p>7 10am - 11am Tai Chi/Laughter Yoga</p>	<p>8 6:30pm - 7:30pm Zumba</p>	<p>9 10am - 11am Tai Chi/Laughter Yoga 5:30pm - 6:20pm Spin Class</p>	<p>10 Open</p>	<p>11 7:10am - 7:50am Spin Class 8am - 9:20am Core & Stretch</p>
<p>12 3pm - 4pm Zumba (\$6 "drop-in fee required)</p>	<p>13 6:30pm - 7:30pm Zumba</p>	<p>14 10am - 11am Tai Chi/Laughter Yoga</p>	<p>15 6:30pm - 7:30pm Zumba</p>	<p>16 10am - 11am Tai Chi/Laughter Yoga 5:30pm - 6:20pm Spin Class</p>	<p>17 Open</p>	<p>18 7:10am - 7:50am Spin Class 8am - 9:20am Core & Stretch</p>
<p>19 Open</p>	<p>20 6:30pm - 7:30pm Zumba</p>	<p>21 10am - 11am Tai Chi/Laughter Yoga</p>	<p>22 6:30pm - 7:30pm Zumba</p>	<p>23 10am - 11am Tai Chi/Laughter Yoga 5:30pm - 6:20pm Spin Class</p>	<p>24 Open</p>	<p>25 7:10am - 7:50am Spin Class 8am - 9:20am Core & Stretch</p>
<p>26 Open</p>	<p>27 Holiday Hours Memorial Day HCC Open From 7am to 3pm</p>	<p>28 10am - 11am Tai Chi/Laughter Yoga</p>	<p>29 6:30pm - 7:30pm Zumba</p>	<p>30 10am - 11am Tai Chi/Laughter Yoga 5:30pm - 6:20pm Spin Class</p>	<p>31 Open</p>	