

May 2010

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|---|---|--|----------------------------|
| | 3 5:30-6:30 Kickboxing/Boot Camp By LaVonna | 4 9:00-10:00 Step, Weights, Pilates 2:00-2:30 Seniorcise By Beth | 5 9:00-10:00 Pilates By Beth 5:30-6:30 Yoga By LaVonna | 6 9:00-10:00 Weights& Ball By Beth 5:30-6:30 Cardio By Beth | 7 2:00-2:30 Seniorcise By Beth | 8 9:00-10:00 LaVonna |
| 9  | 10 5:30-6:30 Kickboxing/Boot Camp By LaVonna | 11 9:00-10:00 Step, Weights, Pilates 2:00-2:30 Seniorcise By Beth | 12 9:00-10:00 Pilates By Beth 5:30-6:30 Yoga By LaVonna | 13 9:00-10:00 Weights& Ball By Beth 5:30-6:30 Cardio By Beth | 14 2:00-2:30 Seniorcise By Beth | 15 |
| 16 IF YOU HAVE ANY QUESTIONS PLEASE CALL PARKS & RECREATION | 17 5:30-6:30 Kickboxing/Boot Camp By LaVonna | 18 9:00-10:00 Step, Weights, Pilates 2:00-2:30 Seniorcise By Beth | 19 9:00-10:00 Pilates By Beth 5:30-6:30 Yoga By LaVonna | 20 9:00-10:00 Weights& Ball By Beth 5:30-6:30 Cardio By Beth | 21 2:00-2:30 Seniorcise By Beth | 22 |
| 23 523-0115 EXT 121 | 24 5:30-6:30 Kickboxing/Boot Camp By LaVonna | 25 9:00-10:00 Step, Weights, Pilates 2:00-2:30 Seniorcise By Beth Belly Dancing By LaVonna | 26 9:00-10:00 Pilates By Beth 5:30-6:30 Yoga By LaVonna | 27 9:00-10:00 Weights& Ball By Beth 5:30-6:30 Cardio By Beth | 28 2:00-2:30 Seniorcise By Beth | 29 NO CLASS |
| 30  | 31 NO CLASS | | | | | |