

Fitness Activities Schedule


May 3 - May 31



Never miss an activity! Scan this QR code with your phone camera and save as a bookmark in your browser.

Mon	Tues	Wed	Thurs	Fri	Sat
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MORNING ACTIVITIES

Extreme Bootcamp 9:15-10:15am Stephanie	Spin Intervals 9:15-10:15am Jessie	Extreme Bootcamp 9:15-10:15am Stephanie	Spin Intervals 9:15-10:15am Jessie	Extreme Bootcamp 9:15-10:15am Marina	Total Body Circuit 10-11am Chris
Yoga 10:30-11:30am Stephanie	Active Forever 10-10:45am Curtis	Yoga 10:30-11:30am Stephanie	Active Forever 10-10:45am Curtis	<i>Try the pool - book a lane!</i>	<div style="background-color: #4a4a8a; color: white; padding: 10px;"> <h2 style="margin: 0;">KEY</h2> <p style="margin: 0;">Pre-booking is required for all activities</p> <div style="background-color: #00a0e3; color: white; padding: 5px; text-align: center; margin: 5px 0;">Pool Fitness</div> <div style="background-color: white; color: #4a4a8a; padding: 5px; text-align: center; margin: 5px 0;">Activity outside</div> </div> 
	Yoga 10:30-11:30am Stephanie		Yoga 10:30-11:30am Stephanie		

AFTERNOON ACTIVITIES

Warm Water Stretching 12-12:30pm Jo Anne	Warm Water Stretching 12-12:30pm Jo Anne	Warm Water Stretching 12-12:30pm Jo Anne	Warm Water Stretching 12-12:30pm Jo Anne	Spin & Stretch 12:10-12:50pm Marina
Spin & Strength 12:10-12:50pm Jessie	Spin Tabata 12:10-12:50pm Marina	Spin & Core 12:10-12:50pm Jessie	Tabata Mix 12:10-12:50pm Curtis	
Healing Movement 12:30-1pm Jo Anne	Healing Movement 12:30-1pm Jo Anne	Healing Movement 12:30-1pm Jo Anne	Healing Movement 12:30-1pm Jo Anne	<i>It's Fri-yayyyy!</i>
Warm Water Stretching 1-1:30pm Jo Anne	Dynamic Lifting 6-6:45pm Curtis	Warm Water Stretching 1-1:30pm Jo Anne	Dynamic Lifting 6-6:45pm Curtis	
Healing Movement 1:30pm-2pm Jo Anne		Healing Movement 1:30pm-2pm Jo Anne		
Tabata Mix 6-6:45pm Marina		Spin & Core 6-6:45pm Marina		

