

# MAY 2012

Getting Better Every Day!



Instructors will modify content of class if only 1 participant attends. A more personalized environment will be presented, including utilization of equipment, performing core exercises, and educating member on any specific fitness inquiries they may have.

**LAND AEROBICS CALENDAR**  
Contact: Fitness staff 329-7623/ 7624

**NEW BOXMANIA CLASS ... ASK STAFF FOR DETAILS!**

	Mon.	Tues.	Wed.	Thurs.	Fri.
MAY 1-4		12:15 STEP - M 5:15 SPINFIT - G 5:15 STEP & SCULPT- A	9:00 ARTHRITIS – A 12:15 UPPERCUT – A 4:35 ZUMBA- BB 5:15 TOTAL BODY - M	12:15 STEP- C 5:15 SPIN FIT - M 5:15 YOGA - LM	
MAY 7-11	9:00 SIT N FIT – A 12:15 ZUMBA – BB 5:15 TOTAL BODY– J 6:15 PILATES - J	12:15 PILATES -J 5:15 SPINFIT - G 5:15 ZUMBA – A	9:00 ARTHRITIS – A 12:15 LOWERCUT – A 4:35 ZUMBA- BB 5:15 ZUMBA FLASHMOB PRACTICE FOR RELAY FOR LIFE	<b>No Lunch Class</b> 5:15 SPIN FIT - M 5:15 YOGA - LM	
MAY 14-18	9:00 SIT N FIT – C 12:15 ZUMBA - A 5:15 TOTAL BODY - J 6:15 PILATES -J	12:15 STEP - M 5:15 SPINFIT - CH 5:15BOXMANIA– A	9:00 ARTHRITIS – A 12:15 PILATES– J 4:35 ZUMBA - BB 5:15 STEP & GLIDE-C	12:15 STEP - A 5:15 SPIN FIT – M 5:15 YOGA - LM	
MAY 21-25	9:00 SIT N FIT – C 12:15 ZUMBA - BB 5:15 TOTAL BODY - J 6:15 PILATES - J	12:15 PILATES-J 5:15 SPINFIT - CH 5:15 STEP&SCULPT - M	9:00 ARTHRITIS - C 12:15 UPPERCUT – A 4:35 ZUMBA - BB 5:15 GLIDE -C	<b>No Lunch Class</b> 5:15 SPINFIT- M	
MAY 28-31	CLOSED HAPPY MEMORIAL DAY!	12:15 STEP -M 5:15 SPINFIT - G 5:15 ZUMBA - A	9:00 ARTHRITIS - C 12:15 LOWERCUT– C 4:35 ZUMBA - BB 5:15 BOXMANIA-M	12:15 STEP - C 5:15 SPIN FIT – M 5:15 YOGA - LM	

Instructors for land classes: C - Cara Tidwell; A - Amy Jones; M - Matt Parker; J - Jan Hare; KK - Karen Kison; K - Kristi Moncrief; ML - Mary Lyman Boone; BB - Barbara Bates; LM - Linda Moore; CH - Corley Holt; BS - Barbara Sokol; KC - Kathy Chapman; G – Greta Perkins

\*All classes subject to change each month\*