

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 28	29	30	May 1	2	3	4
	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 10:15a-11:15a: Hooping 12:00p-12:45p Swim for Life 5:30p-6:30p: HIIT 6:30p-8:30p: Volleyball	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 12:00p-12:45p Swim for Life 5:30p-6:30p: HIIT 6:30p-8:30p: Volleyball	9a-10:30a: Adult Basketball Pick-Up Games 12p-12:30p: HIIT Express 12:30p-12:45p: Abs	9:15a-10:15a: Pilates 10:30a-1p: Pickleball 1:30p-3:30p: Volleyball Clinic
5	6	7	8	9	10	11
	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 10:15a-11:15a: Hooping 11:30a-1:30p: Shreve Island 5:30p-6:30p: HIIT 6:30p-8:30p: Volleyball	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 12:00p-12:45p Swim for Life 5:30p-6:30p: HIIT 6:30p-8:30p: Volleyball	9a-10:30a: Adult Basketball Pick-Up Games 12p-12:30p: HIIT Express 12:30p-12:45p: Abs	9:15a-10:15a: Pilates 10:30a-1p: Pickleball 1:30p-3:30p: Volleyball Clinic
12	13	14	15	16	17	18
	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 10:15a-11:15a: Hooping 12:00p-12:45p Swim for Life 5:30p-6:30p: HIIT 6:30p-8:30p: Volleyball	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 12:00p-12:45p Swim for Life 5:30p-6:30p: HIIT 6:30p-8:30p: Volleyball	9a-10:30a: Adult Basketball Pick-Up Games 12p-12:30p: HIIT Express 12:30p-12:45p: Abs	9:15a-10:15a: Pilates 10:30a-1p: Pickleball
19	20	21	22	23	24	25
	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 10:15a-11:15a: Hooping 5:30p-6:30p: HIIT 6:30p-8:30p: Volleyball	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 5:30p-6:30p: HIIT 6:30p-8:30p: Volleyball	9a-10:30a: Adult Basketball Pick-Up Games 12p-12:30p: HIIT Express 12:30p-12:45p: Abs	9:15a-10:15a: Pilates 10:30a-1p: Pickleball
26	27	28	29	30	31	June 1
	Memorial Day: No Group Exercise Classes 6:30p-9:30p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 10:15a-11:15a: Hooping 5:30p-6:30p: HIIT 6:30p-8:30p: Volleyball	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 5:30p-6:30p: HIIT 6:30p-8:30p: Volleyball	9a-10:30a: Adult Basketball Pick-Up Games 12p-12:30p: HIIT Express 12:30p-12:45p: Abs	9:15a-10:15a: Pilates 10:30a-1p: Pickleball

Times indicated are reserved; additional times are considered open play