

# May

2018

## Group Fitness Calendar

[www.moodyciviccenter.com](http://www.moodyciviccenter.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:30a Seniors-Trish 5:30p Yoga-Maggie 6:30p Tabata-Maggie	2 6:15a Spin – Tom 5:30p Yoga-Maggie 6:30p Spin – Maggie *Free PM Spin Class*	3 10:30a Seniors-Trish 5:30p Dance Fitness-With Sharon 6:30p Yoga - Tom	4 5:00p Boot Camp – Lori **Free Boot Camp**	5 9:00a Boot Camp – Lori
6	7 5:30p Dance Fitness-With Sharon	8 10:30a Seniors-Trish 5:30p Yoga-Maggie 6:30p Tabata-Maggie	9 6:15a Spin – Tom 5:30p Yoga-Maggie 6:30p Spin – Maggie	10 10:30a Seniors-Trish 5:30p Dance Fitness-With Sharon 6:30p Yoga - Tom	11 5:00p Boot Camp – Lori	12 9:00a Boot Camp – Lori
13 Mother's Day!	14 5:30p Dance Fitness-With Sharon	15 10:30a Seniors-Trish 5:30p Yoga-Maggie 6:30p Tabata-Maggie	16 6:15a Spin – Tom 5:30p Yoga-Maggie 6:30p Spin – Maggie	17 10:30a Seniors-Trish 5:30p Dance Fitness-With Sharon 6:30p Yoga - Tom	18 5:00p Boot Camp – Lori	19 9:00a Boot Camp – Lori
20	21 5:30p Dance Fitness-With Sharon	22 10:30a Seniors-Trish 5:30p Yoga-Maggie 6:30p Tabata-Maggie	23 6:15a Spin – Tom 5:30p Yoga-Maggie 6:30p Spin – Maggie	24 10:30a Seniors-Trish 5:30p Dance Fitness-With Sharon 6:30p Yoga - Tom	25 5:00p Boot Camp – Lori	26 9:00a Boot Camp – Lori
27	28 **Closed for** **Memorial Day**	29 No Seniors Class No Yoga No Tabata **Splash Pad Opens for 2018 Season**	30 6:15a Spin – Tom No Yoga No Evening Spin	31 No Senior Class 5:30p Dance Fitness-With Sharon 6:30p Yoga - Tom Class		

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