



May 2018



Fitness for Women

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		1:30 PM Tai Chi	6 PM Zumba Gold	7 PM Cardio Sculpt		9 AM Yoga 11 AM Teen Fitness
6	7	8	9	10	11	12
		1:30 PM Tai Chi	6 PM Zumba Gold	7 PM Cardio Sculpt	7 PM Odoru	9 AM Yoga 11 AM Teen Fitness
13	14	15	16	17	18	19
		1:30 PM Tai Chi 6:30 PM Seven Steps to Kick Sugar	6 PM Zumba Gold	7 PM Cardio Sculpt		9 AM Yoga 11 AM Teen Fitness
20	21	22	23	24	25	26
		1:30 PM Tai Chi 6:30 PM Self Defense Warrior Workshop	6 PM Zumba Gold	7 PM Cardio Sculpt		9 AM Yoga
27	28	29	30	31		
		1:30 PM Tai Chi	6 PM Zumba Gold	7 PM Cardio Sculpt		

Self Defense Warrior Workshop

A family* style self-defense workshop.

Join us for some fierce warrior fun as we tackle some touchy subjects plus learn some kick butt moves for the most common attacks.

Tickets must be purchased in advance. SPACE IS LIMITED!

*Mature content to be discussed. Ages 13+ recommended.

