

# May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	<b>1</b> 8:30-9:00 LINE DANCE 9:00-9:30 STRETCH 9:30-10:00 VIDEO CLASS 4:30-5:30 DROP IN CIRCUIT	<b>2</b> 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA	<b>3</b> 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH 4:30-5:30 DROP-IN BUNKER	<b>4</b> 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 5:00 NO CLASS	<b>5</b> 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE NO EVENING CLASSES	<b>6</b> 9:00-9:45 ZONE STRENGTH by Justin
7 CLOSED	<b>8</b> 8:30-9:00 LINE DANCE 9:00-9:30 STRETCH 9:30-10:00 VIDEO CLASS 4:30-5:00 POWERSCULPT	<b>9</b> 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA	<b>10</b> 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH 4:30 NO CLASS	<b>11</b> 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 5:00-5:45 ZONE STRENGTH	<b>12</b> 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE NO EVENING CLASSES	<b>13</b> 9:00-9:45 POWERSCULPT by Peggy
14 CLOSED	<b>15</b> 8:30-9:00 LINE DANCE 9:00-9:30 STRETCH 9:30-10:00 VIDEO CLASS 4:30-5:30 DROP IN CIRCUIT	<b>16</b> 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA	<b>17</b> 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH 4:30-5:30 DROP-IN BUNKER	<b>18</b> 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 5:00-5:45 ZONE STRENGTH	<b>19</b> 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE NO EVENING CLASSES	<b>20</b> 9:00-9:45 ZONE STRENGTH by Justin
21 CLOSED	<b>22</b> 8:30-9:00 LINE DANCE 9:00-9:30 STRETCH 9:30-10:00 VIDEO CLASS 4:30-5:00 POWERSCULPT	<b>23</b> 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA	<b>24</b> 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH 4:30-5:30 DROP-IN CIRCUIT	<b>25</b> 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 5:00 NO CLASS	<b>26</b> Memorial Day NO CLASS Hours will be posted	<b>27</b> Memorial Day NO CLASS Hours will be posted
28 CLOSED	<b>29</b> MEMORIAL DAY NO CLASS Hours will be posted	<b>30</b> 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA	<b>31</b> 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH 4:30-5:30 DROP-IN BUNKER	<b>1</b>	<b>2</b>	<b>3</b>
4		<b>Instructor Color Code: Jeanne, Peggy, Steve, Justin, Kyoko, Isaac, Fran</b> <i>Introducing Isaac Cox, New Group Exercise Instructor at Vessell's Fitness</i>				