

May

2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|-------------------------------------|---|---|--------------------------|----------|
| | | | | | 1 0830 Strong F.I.T. | 2 |
| 3 | 4 0700 Strong F.I.T. 0830 Strong F.I.T. 1130 Stretch Zone | 5 8:30 Body Sculpt 1130 Yoga | 6 0700 Strong F.I.T. 0830 Strong F.I.T. 1130 Strong F.I.T. 1800 Yoga | 7 8:30 Body Sculpt 1130 Strong F.I.T. | 8 0830 Strong F.I.T. | 9 |
| 10 | 11 0700 Strong F.I.T. 0830 Strong F.I.T. 1130 Stretch Zone | 12 8:30 Body Sculpt 1130 Yoga | 13 0700 Strong F.I.T. 0830 Strong F.I.T. 1130 Strong F.I.T. 1800 Yoga | 14 8:30 Body Sculpt 1130 Zumba | 15 0830 Strong F.I.T. | 16 |
| 17 | 18 0700 Strong F.I.T. 0830 Strong F.I.T. 1130 Stretch Zone | 19 8:30 Body Sculpt 1130 Yoga | 20 0700 Strong F.I.T. 0830 Strong F.I.T. 1130 Strong F.I.T. 1800 Yoga | 21 8:30 Body Sculpt 1130 Zumba | 22 Goal Day | 23 |
| 24/31 | 25 Memorial Day | 26 8:30 Body Sculpt 1130 Yoga | 27 0700 Strong F.I.T. 0830 Strong F.I.T. 1130 Strong F.I.T. 1800 Yoga | 28 8:30 Body Sculpt 1130 Zumba | 29 0830 Strong F.I.T. | 30 |

*FITNESS IMPROVEMENT(FIP) CLASSES

For more information call 919-722-0420