

May

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 1130 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 1130 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 1130 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 1130 Strong F.I.T.	30

*FITNESS IMPROVEMENT(FIP) CLASSES

For more information call 919-722-0420