

May 2024

FITNESS CLASS SCHEDULE

Sign up is not required for
FREE Fitness Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 9:00am Vinyasa Yoga w/Demet - Outrigger \$10pp 10:00am - Aqua Fitness w/Karen - Pool - \$8pp	30 9:00am - Mat Pilates w/ Demet Outrigger - \$10pp 10:00am - Aqua Fitness Pool - FREE	1 10:00am - Aqua Fitness Pool - FREE	2 8:00am - Barre w/Suzanne Outrigger - \$10pp 10:00am - Aqua Fitness Pool - FREE	3 7:30am - Barre w/Suzanne Halfmoon Point-FREE 10:00am - Vin/Yin w/Demet - Outrigger \$10pp 10:00am - Aqua Fitness Pool - FREE	4 8:30am - Bardio w/Suzanne Outrigger - \$10pp 10:00am - Aqua Zumba w/Karen - Pool \$8pp
5 8:30am - Yoga w/Demet Outrigger - FREE	6 9:00am Vinyasa Yoga w/Demet - Outrigger \$10pp 10:00am - Aqua Fitness w/Karen - Pool - \$8pp	7 9:00am - Mat Pilates w/ Demet Outrigger - \$10pp 10:00am - Aqua Fitness Pool - FREE	8 10:00am - Aqua Fitness Pool - FREE	9 8:00am - Barre w/Suzanne Outrigger - \$10pp 10:00am - Aqua Fitness Pool - FREE	10 7:30am - Barre w/Suzanne Halfmoon Point-FREE 10:00am - Vin/Yin w/Demet - Outrigger \$10pp 10:00am - Aqua Fitness Pool - FREE	11 8:30am - Bardio w/Suzanne Outrigger - \$10pp 10:00am - Aqua Zumba w/Karen - Pool \$8pp
12 Mother's Day 8:30am - Yoga w/Demet Outrigger - FREE	13 9:00am Vinyasa Yoga w/Demet - Outrigger \$10pp 10:00am - Aqua Fitness w/Karen - Pool - \$8pp	14 9:00am - Mat Pilates w/ Demet Outrigger - \$10pp 10:00am - Aqua Fitness Pool - FREE	15 10:00am - Aqua Fitness Pool - FREE	16 8:00am - Barre w/Suzanne Outrigger - \$10pp 10:00am - Aqua Fitness Pool - FREE	17 7:30am - Barre w/Suzanne Halfmoon Point-FREE 10:00am - Vin/Yin w/Demet - Outrigger \$10pp 10:00am - Aqua Fitness Pool - FREE	18 8:30am - Bardio w/Suzanne Outrigger - \$10pp 10:00am - Aqua Zumba w/Karen - Pool \$8pp
19 8:30am - Yoga w/Demet Outrigger - FREE	20 9:00am - Vinyasa Yoga w/Demet - Outrigger \$10pp	21 10:00am - Aqua Fitness Pool - FREE	22 10:00am - Aqua Fitness Pool - FREE	23 8:00am - Barre w/Suzanne Outrigger - \$10pp 10:00am - Aqua Fitness Pool - FREE	24 7:30am - Barre w/Suzanne Halfmoon Point-FREE 10:00am - Aqua Fitness Pool - FREE	25 8:30am - Bardio w/Suzanne Outrigger - \$10pp 10:00am - Aqua Zumba w/Karen - Pool \$8pp
26 8:30am - Yoga w/Demet Outrigger - FREE	27 Memorial Day 9:00am - Vinyasa Yoga w/Demet - Outrigger \$10pp	28 10:00am - Aqua Fitness Pool - FREE	29 10:00am - Aqua Fitness Pool - FREE	30 8:00am - Barre w/Suzanne Outrigger - \$10pp 10:00am - Aqua Fitness Pool - FREE	31 7:30am - Barre w/Suzanne Halfmoon Point-FREE 10:00am - Aqua Fitness Pool - FREE	1
2 8:30am - Yoga w/Demet Outrigger - FREE	3 9:00am - Vinyasa Yoga w/Demet - Outrigger \$10pp	NOTES: Fitness schedule is subject to change. Any changes to the calendar will be announced by email.				