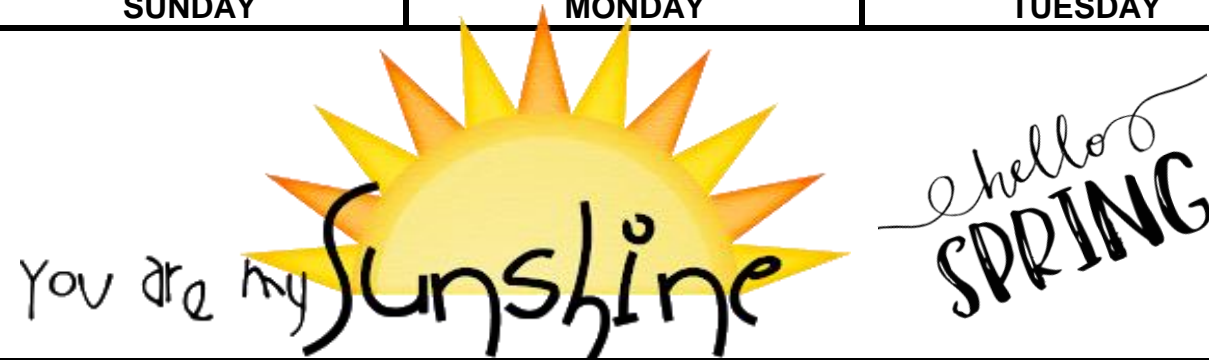


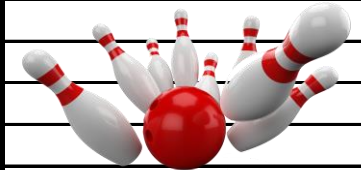





VITALITY CENTER CLASSES

May 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			6:00 am Open Swim	6:00 am Open Swim	6:00-9:00 Open Swim	6 am-6 pm Open Swim
			9:00 Water Fitness	8:30 Advanced Balance	9:00 Water Fitness	10:30-4:00 Open Wii Bowling
			11:00 Stretch & Core	11:00 Total Bands	11:00 Agility	
			1:00 Water Walking	1:00 Water Walking	3:00-4:30 Open Wii Bowling	
			3:00-4:30 Open Wii Bowling	1:45 Advanced Exercise		
	3:00-4:30 Open Wii Bowling					
5	6	7	8	9	10	11
6am-6pm Open Swim	6:00-9:00 Open Swim	6:00 am Open Swim	6:00 am Open Swim	6:00 am Open Swim	6:00-9:00 Open Swim	6 am-6 pm Open Swim
11:00-4:00 Open Wii Bowling	9:00 Water Fitness	8:30 Advanced Balance	9:00 Water Fitness	8:30 Advanced Balance	9:00 Water Fitness	10:30-4:00 Open Wii Bowling
	11:00 Sit, Stand & Stretch	11:00 Essential Strength	11:00 Stretch & Core	11:00 Total Bands	11:00 Outside Walk 	
	3:00-4:30 Open Wii Bowling	1:00 Water Walking	1:00 Water Walking	1:00 Water Walking	3:00-4:30 Open Wii Bowling	
		1:45 Advanced Exercise	3:00-4:30 Open Wii Bowling	1:45 Advanced Exercise		
		3:00-4:30 Open Wii Bowling		3:00-4:30 Open Wii Bowling		
12	13	14	15	16	17	18
6am-6pm Open Swim	6:00-9:00 Open Swim	6:00 am Open Swim	6:00-9:00 Open Swim	6:00 am Open Swim	6:00-9:00 Open Swim	6 am-6 pm Open Swim
11:00-4:00 Open Wii Bowling	9:00 Water Fitness	8:30 Advanced Balance	9:00 Water Fitness	8:30 Advanced Balance	9:00 Water Fitness	10:30-4:00 Open Wii Bowling
	11:00 Sit, Stand & Stretch	11:00 Essential Strength	11:00 Stretch & Core	11:00 Total Bands	11:00 Agility	
	3:00-4:30 Open Wii Bowling	1:00 Water Walking	1:00 Water Walking	1:00 Water Walking	3:00-4:30 Open Wii Bowling	
		1:45 Advanced Exercise	3:00-4:30 Open Wii Bowling	1:45 Advanced Exercise		
		3:00-4:30 Open Wii Bowling		3:00-4:30 Open Wii Bowling		
19	20	21	22	23	24	25
6am - 6pm Open Swim	6:00-9:00 Open Swim	6:00 am Open Swim	6:00-9:00 Open Swim	6:00 am Open Swim	6:00-9:00 Open Swim	6 am-6 pm Open Swim
11:00-4:00 Open Wii Bowling	9:00 Water Fitness	8:30 Advanced Balance	9:00 Water Fitness	8:30 Advanced Balance	9:00 Water Fitness	10:30-4:00 Open Wii Bowling
	11:00 Sit, Stand & Stretch	11:00 Essential Strength	11:00 Stretch & Core	11:00 Total Bands	11:00 Outside Walk 	
	3:00-4:30 Open Wii Bowling	1:00 Water Walking	1:00 Water Walking	1:00 Water Walking	3:00-4:30 Open Wii Bowling	
		1:45 Advanced Exercise	3:00-4:30 Open Wii Bowling	1:45 Advanced Exercise		
		3:00-4:30 Open Wii Bowling		3:00-4:30 Open Wii Bowling		
26	27	28	29	30	31	
6am - 6pm Open Swim	6:00-9:00 Open Swim	6:00 am Open Swim	6:00-9:00 Open Swim	6:00 am Open Swim	6:00-9:00 Open Swim	
11:00-4:00 Open Wii Bowling	9:00 Water Fitness	8:30 Advanced Balance	9:00 Water Fitness	8:30 Advanced Balance	9:00 Water Fitness	
	11:00 Sit, Stand & Stretch	11:00 Essential Strength	11:00 Stretch & Core	11:00 Total Bands	11:00 Agility	
	3:00-4:30 Open Wii Bowling	1:00 Water Walking	1:00 Water Walking	1:00 Water Walking	3:00-4:30 Open Wii Bowling	
		1:45 Advanced Exercise	3:00-4:30 Open Wii Bowling	1:45 Advanced Exercise		
		3:00-4:30 Open Wii Bowling		3:00-4:30 Open Wii Bowling		