

SYS Adult Fitness Classes—May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2—Spin 9am* Yoga 11am [†]	3—Total Tone 5pm <i>Get Fit 5pm</i> Zumba 5pm* Spin 6:30pm*	4—Spin 8am* Pilates 9:30am Spin 6:30pm*	5—Total Tone 5pm <i>Get Fit 5pm</i> Spin 6:30pm* Zumba 6:30pm* Yogalates 6:45pm Adult Hip Hop 7:45pm	6— Pilates 9:30am Yogalates 12:30pm Spin 6:30pm* Latin Dance 7pm	7— Total Tone 5pm	1— Spin 9am* Cardio Blast 9am Strength, Balance & &Tone 10:15am 8—Cardio Blast 9am
9—Yoga 11am [†]	10—Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm <i>Get Fit 5pm</i> Zumba 5pm* Spin 6:30pm*	11 -Spin 8am* Boot Camp 7, 8, & 9am* Pilates 9:30am Spin 6:30pm*	12—Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm <i>Get Fit 5pm</i> Spin 6:30pm* Zumba 6:30pm* Yogalates 6:45pm Adult Hip Hop 7:45pm	13—Spin 8am* Boot Camp 7 & 9am* Pilates 9:30am Yogalates 12:30pm Spin 6:30pm*	14— Total Tone 5pm	15—Spin 9am* Cardio Blast 9am Strength, Balance, & Tone 10:15am
16—Spin 9am* Yoga 11am [†]	17—Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm Zumba 5pm* Spin 6:30pm*	18 -Spin 8am* Boot Camp 7, 8, & 9am* Pilates 9:30am Get Fit 5pm Spin 6:30pm*	19—Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm Spin 6:30pm* Zumba 6:30pm* Yogalates 6:45pm Adult Hip Hop 7:45pm	20—Spin 8am* Boot Camp 7 & 9am* Pilates 9:30am Yogalates 12:30pm Get Fit 5pm Spin 6:30pm*	21— Total Tone 5pm	22—Spin 9am* Cardio Blast 9am Strength, Balance, & Tone 10:15am
23—Spin 9am* Yoga 11am [†]	24—Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm Zumba 5pm* Spin 6:30pm*	25—Spin 8am* Boot Camp 7, 8, & 9am* Pilates 9:30am Get Fit 5pm Spin 6:30pm*	26—Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm Spin 6:30pm* Zumba 6:30pm* Yogalates 6:45pm Adult Hip Hop 7:45pm	27—Spin 8am* Boot Camp 7 & 9am* Pilates 9:30am Yogalates 12:30pm Get Fit 5pm Spin 6:30pm*	28— Total Tone 5pm	29—Spin 9am* Cardio Blast 9am Strength, Balance, & Tone 10:15am
30 - Spin 9am* Yoga 11am [†]	31—SYS Closed					