

SYS Fitness Calendar- May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Spin 9am* Yoga 11am†	2 Crossfit 6am * Spin 8am* SBT 9:30am Total Tone 5pm	3 Boot Camp 730am Spin 8am* Boot Camp 9am Pilates 9:30am Get Fit 5pm Zumba 5:30pm* Spin 6:15pm *	4 CrossFit 6am* Spin 8am* SBT 9:30am Total Tone 5pm Beginner Spin 5pm*	5 Boot Camp 7:30am Spin 8am* Boot Camp 9am Pilates 9:30am Get Fit 5pm Spin 6:15pm*	6 Crossfit 6am* Spin & Circuit 8am* SBT 9:30am Body Blast 5pm Zumba 5:30pm*	7 Cross Fit 8am* Spin 9am* Cardio Blast 9am
8 Spin 9am* Yoga 11am†	9 Crossfit 6am * Spin 8am* SBT 9:30am Total Tone 5pm	10 Boot Camp 730am Spin 8am* Boot Camp 9am Pilates 9:30am Get Fit 5pm Zumba 5:30pm* Spin 6:15pm *	11 CrossFit 6am* Spin 8am* SBT 9:30am Total Tone 5pm Beginner Spin 5pm*	12 Boot Camp 7:30am Spin 8am* Boot Camp 9am Pilates 9:30am Get Fit 5pm Spin 6:15pm*	13 Crossfit 6am* Spin & Circuit 8am* SBT 9:30am Stretching Class 12pm Body Blast 5pm Zumba 5:30pm*	14 Cross Fit 8am* Spin 9am* Cardio Blast 9am
15 Spin 9am* Yoga 11am†	16 Crossfit 6am * Spin 8am* SBT 9:30am Total Tone 5pm	17 Boot Camp 730am Spin 8am* Boot Camp 9am Pilates 9:30am Get Fit 5pm Zumba 5:30pm* Spin 6:15pm *	18 CrossFit 6am* Spin 8am* SBT 9:30am Total Tone 5pm Beginner Spin 5pm* Yogalates 6:30pm Hip Hop Cardio 7:30pm	19 Boot Camp 7:30am Spin 8am* Boot Camp 9am Pilates 9:30am Yogalates 12:30pm Get Fit 5pm Spin 6:15pm*	20 Crossfit 6am* Spin & Circuit 8am* SBT 9:30am Stretching Class 12pm Body Blast 5pm Zumba 5:30pm*	21 Cross Fit 8am* Spin 9am* Cardio Blast 9am
22 Spin 9am* Yoga 11am†	23 Crossfit 6am * Spin 8am* SBT 9:30am Total Tone 5pm	24 Boot Camp 730am Spin 8am* Boot Camp 9am Pilates 9:30am Get Fit 5pm Zumba 5:30pm* Spin 6:15pm *	25 CrossFit 6am* Spin 8am* SBT 9:30am Total Tone 5pm Beginner Spin 5pm* Yogalates 6:30pm Hip Hop Cardio 7:30pm	26 Boot Camp 7:30am Spin 8am* Boot Camp 9am Pilates 9:30am Yogalates 12:30pm Get Fit 5pm Spin 6:15pm*	27 Crossfit 6am* Spin & Circuit 8am* SBT 9:30am Stretching Class 12pm Body Blast 5pm Zumba 5:30pm*	28 Cross Fit 8am* Spin 9am* Cardio Blast 9am
29 Spin 9am* Yoga 11am†	30 Closed for Memorial Day	31 Boot Camp 730am Spin 8am* Boot Camp 9am Pilates 9:30am Get Fit 5pm Zumba 5:30pm* Spin 6:15pm *				† Extra fee paid directly to instructor * Extra fee for class