

May 2024						
◀ April						June ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Cardio & Sculpt Mashup w/ Lucie Roy 8-9am Cardio & Sculpt Mashup w/ Lucie Roy 4:15-5:15pm Dance Party Jam w/ Linda Jensen 5:30-6:30pm	2 Senior Flex Class 9am-10am Yoga/Pilates Strong w/ Anne Bennett 4:30-5:30pm	3 Cardio & Sculpt Mashup w/ Lucie Roy 8-9am	4 Cardio & Sculpt Mashup w/ Lucie Roy 8-9am Zyia Activewear (Ladd) 6-8pm
5 Cardio & Sculpt Mashup w/ Lucie Roy 8-9am	6 Fitness Express w/ Linda Jensen 8:30-9:30am Sewing Club 11-2 Fitness Express w/ Linda Jensen 4:30-5:15pm Yoga w/ Anne Bennett 5:30-6:30pm	7 Senior Flex Class 9am-10am Cardio & Sculpt Mashup w/ Lucie Roy 4:30-5:30pm	8 Cardio & Sculpt Mashup w/ Lucie Roy 8-9am Cardio & Sculpt Mashup w/ Lucie Roy 4:15-5:15pm Dance Party Jam w/ Linda Jensen 5:30-6:30pm	9 Senior Flex Class 9am-10am Yoga/Pilates Strong w/ Anne Bennett 4:30-5:30pm	10 Cardio & Sculpt Mashup w/ Lucie Roy 8-9am Girls Scouts 4-6pm	11 Cardio & Sculpt Mashup w/ Lucie Roy 8-9am
12 Cardio & Sculpt Mashup w/ Lucie Roy 8-9am	13 Fitness Express w/ Linda Jensen 8:30-9:30am Sewing Club 11-2 Fitness Express w/ Linda Jensen 4:30-5:15pm Yoga w/ Anne Bennett 5:30-6:30pm	14 Senior Flex Class 9am-10am North County Venteran (Joel Starkey) 10:30am-12:30pm Cardio & Sculpt Mashup w/ Lucie Roy 4:30-5:30pm	15 Cardio & Sculpt Mashup w/ Lucie Roy 8-9am Cardio & Sculpt Mashup w/ Lucie Roy 4:15-5:15pm Dance Party Jam w/ Linda Jensen 5:30-6:30pm	16 Senior Flex Class 9am-10am Yoga/Pilates Strong w/ Anne Bennett 4:30-5:30pm	17 Cardio & Sculpt Mashup w/ Lucie Roy 8-9am	18 Cardio & Sculpt Mashup w/ Lucie Roy 8-9am
19 Cardio & Sculpt Mashup w/ Lucie Roy 8-9am	20 Fitness Express w/ Linda Jensen 8:30-9:30am Sewing Club 11-2 Fitness Express w/ Linda Jensen 4:30-5:15pm Yoga w/ Anne Bennett 5:30-6:30pm	21 Senior Flex Class 9am-10am Bingo 6:30-8:30pm	22 Cardio & Sculpt Mashup w/ Lucie Roy 8-9am Cardio & Sculpt Mashup w/ Lucie Roy 4:15-5:15pm Dance Party Jam w/ Linda Jensen 5:30-6:30pm	23 Senior Flex Class 9am-10am Yoga/Pilates Strong w/ Anne Bennett 4:30-5:30pm	24 Cardio & Sculpt Mashup w/ Lucie Roy 8-9am Girls Scouts 4-6pm	25 Cardio & Sculpt Mashup w/ Lucie Roy 8-9am
26 Cardio & Sculpt Mashup w/ Lucie Roy 8-9am	27 Fitness Express w/ Linda Jensen 8:30-9:30am Sewing Club 11-2 Fitness Express w/ Linda Jensen 4:30-5:15pm Yoga w/ Anne Bennett 5:30-6:30pm	28 Senior Flex Class 9am-10am Cardio & Sculpt Mashup w/ Lucie Roy 4:30-5:30pm	29 Cardio & Sculpt Mashup w/ Lucie Roy 8-9am Cardio & Sculpt Mashup w/ Lucie Roy 4:15-5:15pm Dance Party Jam w/ Linda Jensen 5:30-6:30pm	30 Senior Flex Class 9am-10am Yoga/Pilates Strong w/ Anne Bennett 4:30-5:30pm	31 Cardio & Sculpt Mashup w/ Lucie Roy 8-9am	