

May 2019

April '19						
S	M	T	W	T	F	S
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June '19						
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 8:00-9:00 Spin 9:00-10:00 Core & More 10:00-11:00 Mat Pilates	2 8:00-9:00 Body Sculpt 9:00-10:00 Chen Style Tai Chi 9:00-10:00 Aqua Fitness	3 9:00-10:00 Barre 11:30-12:30 PiYo	4 9:00-10:00 Gentle Yoga 9:00-10:00 Aqua Fitness 10:00-11:00 Zumba
5	6 8:00-9:00 Core & More 9:00-10:00 Spin 11:00-12:00 Mat Pilates 11:00-11:30 Introduction to Fitness Center	7 8:00 Body Sculpt 9:00-10:00 Aqua Fitness 10:00-11:00 Therapeutic Yoga	8 8:00-9:00 Spin 9:00-10:00 Core & More 10:00-11:00 Mat Pilates 4:00-5:00pm Essentrics - Stretch Strengthen and balance workshop	9 8:00-9:00 Body Sculpt 9:00-10:00 Chen Style Tai Chi 9:00-10:00 Aqua Fitness	10 9:00-10:00 Barre 11:30-12:30 PiYo	11 9:00-10:00 Gentle Yoga 9:00-10:00 Aqua Fitness 10:00-11:00 Zumba
12	13 8:00-9:00 Core & More 9:00-10:00 Spin 11:00-12:00 Mat Pilates 11:00-11:30 Introduction to Fitness Center	14 8:00 Body Sculpt 9:00-10:00 Aqua Fitness 10:00-11:00 Therapeutic Yoga	15 8:00-9:00 Spin 9:00-10:00 Core & More 10:00-11:00 Mat Pilates	16 8:00-9:00 Body Sculpt 9:00-10:00 Chen Style Tai Chi 9:00-10:00 Aqua Fitness	17 9:00-10:00 Barre 11:30-12:30 PiYo	18 9:00-10:00 Gentle Yoga 9:00-10:00 Aqua Fitness 10:00-11:00 Zumba
19	20 8:00-9:00 Core & More 9:00-10:00 Spin 11:00-12:00 Mat Pilates 11:00-11:30 Introduction to Fitness Center	21 8:00 Body Sculpt 9:00-10:00 Aqua Fitness 10:00-11:00 Therapeutic Yoga	22 8:00-9:00 Spin 9:00-10:00 Core & More 10:00-11:00 Mat Pilates 4:00-5:00pm 20/20/20 Cardio, Strength, Core Workshop	23 8:00-9:00 Body Sculpt 9:00-10:00 Chen Style Tai Chi 9:00-10:00 Aqua Fitness	24 9:00-10:00 Barre 11:30-12:30 PiYo	25 9:00-10:00 Gentle Yoga 9:00-10:00 Aqua Fitness 10:00-11:00 Zumba
26	27 8:00-9:00 Core & More 9:00-10:00 Spin 11:00-12:00 Mat Pilates 11:00-11:30 Introduction to Fitness Center	28 8:00 Body Sculpt 9:00-10:00 Aqua Fitness 10:00-11:00 Therapeutic Yoga	29 8:00-9:00 Spin 9:00-10:00 Core & More 10:00-11:00 Mat Pilates	30 8:00-9:00 Body Sculpt 9:00-10:00 Chen Style Tai Chi 9:00-10:00 Aqua Fitness	31 9:00-10:00 Barre 11:30-12:30 PiYo	1
2	3	Hour Group Fitness Classes: \$10 member \$15 guest PLEASE REGISTER ONLINE IN ADVANCE FOR CLASSES vineyardswellnessnaples.com				