



Zoom Class Recording

Monday		05/25/20	Tuesday		05/26/20
Class Times	VIDEO LINKS		Class Times	VIDEO LINKS	
10:00 AM	Toning with Weights		9:00 AM		
6:00 PM	Yoga		5:00 PM		
Wednesday		05/27/20	Thursday		05/28/20
Class Times	VIDEO LINKS		Class Times	VIDEO LINKS	
9:00 AM			9:00 AM		
10:00 AM			5:00 PM		
4:00 PM					
4:00 PM					
6:00 PM					
Friday		05/29/20	Saturday		05/30/20
Class Times	VIDEO LINKS		Class Times	VIDEO LINKS	
6:00 PM			9:00 AM		
			Sunday		05/31/20
			Class Times	VIDEO LINKS	
			10:30 AM		



Zoom Class Recording

Monday		05/18/20	Tuesday		05/19/20
Class Times	VIDEO LINKS		Class Times	VIDEO LINKS	
10:00 AM			9:00 AM	Morning Stretch	
6:00 PM	Yoga		5:00 PM	Dry Land Swim Workout	
Wednesday		05/20/20	Thursday		05/21/20
Class Times	VIDEO LINKS		Class Times	VIDEO LINKS	
9:00 AM	Zumba		9:00 AM	Morning Stretch	
10:00 AM			5:00 PM	Dry Land Swim Workout	
4:00 PM					
4:00 PM	Cooking Class				
6:00 PM					
Friday		05/22/20	Saturday		05/23/20
Class Times	VIDEO LINKS		Class Times	VIDEO LINKS	
6:00 PM	Pilates		9:00 AM	Yoga	
			Sunday		05/24/20
			Class Times	VIDEO LINKS	
			10:30 AM	Kids Zumba	



Zoom Class Recording

Monday		05/11/20	Tuesday		05/12/20
Class Times	VIDEO LINKS		Class Times	VIDEO LINKS	
10:00 AM	Toning with Weights		9:00 AM	Morning Stretch	
6:00 PM	Yoga		5:00 PM	Dry Land Swim Workout	
Wednesday		05/13/20	Thursday		05/14/20
Class Times	VIDEO LINKS		Class Times	VIDEO LINKS	
9:00 AM	Zumba		9:00 AM	Morning Stretch	
10:00 AM	Toning with Weights		5:00 PM	Dry Land Swim Workout	
4:00 PM	Cooking Class				
4:00 PM					
6:00 PM	Aerobics/Body Sculpting				
Friday		05/15/20	Saturday		05/16/20
Class Times	VIDEO LINKS		Class Times	VIDEO LINKS	
6:00 PM	Pilates		9:00 AM	Yoga	
			Sunday		05/17/20
			Class Times	VIDEO LINKS	
			10:30 AM		



Zoom Class Recording

Monday		05/04/20	Tuesday		05/05/20
Class Times	VIDEO LINKS		Class Times	VIDEO LINKS	
9:00 AM	Circuit Training		9:00 AM	Morning Stretch	
10:00 AM	Toning with Weights		5:00 PM		
4:00 PM	Youth Tennis		7:00 PM		
6:00 PM	Yoga				
Wednesday		05/06/20	Thursday		05/07/20
Class Times	VIDEO LINKS		Class Times	VIDEO LINKS	
9:00 AM	Zumba		9:00 AM	Morning Stretch	
10:00 AM	Toning with Weights		5:00 PM	Dry Land Swim Workout	
4:00 PM	Cooking Class				
6:00 PM					
Friday		05/08/20	Saturday		05/09/20
Class Times	VIDEO LINKS		Class Times	VIDEO LINKS	
4:00 PM			9:00 AM	Yoga	
5:00 PM	Youth Tennis				
6:00 PM	Pilates				
			Sunday		05/10/20
			Class Times	VIDEO LINKS	
			10:30 AM		



Zoom Class Recording

Monday		04/27/20	Tuesday		04/28/20
Class Times	VIDEO LINKS		Class Times	VIDEO LINKS	
9:00 AM	Circuit Training		9:00 AM	Morning Stretch	
10:00 AM	Canceled		10:00 AM	Gardening	
4:00 PM	Canceled		3:30 PM		
5:00 PM	Canceled		5:00 PM		
6:00 PM	Canceled		7:00 PM	Canceled	
Wednesday		04/29/20	Thursday		04/30/20
Class Times	VIDEO LINKS		Class Times	VIDEO LINKS	
9:00 AM	Zumba		9:00 AM	Morning Stretch Class	
10:00 AM	Toning with Weights		11:00 AM		
4:00 PM	Cooking Class		3:00 PM		
5:00 PM			5:00 PM	Dry Land Swim Workout	
6:00 PM					
Friday		05/01/20	Saturday		05/02/20
Class Times	VIDEO LINKS		Class Times	VIDEO LINKS	
9:00 AM	Circuit Training		9:00 AM		
4:00 PM	Youth Tennis		10:00 AM		
5:00 PM	Warriors Basketball		11:00 AM		
6:00 PM	Pilates				
			Sunday		05/03/20
			Class Times	VIDEO LINKS	
			10:30 AM		



Zoom Class Recording

Monday		04/20/20	Tuesday		04/21/20
Class Times	VIDEO LINKS		Class Times	VIDEO LINKS	
9:00 AM	Circuit Training		9:00 AM	Morning Stretch	
10:00 AM			10:00 AM	Gardening	
4:00 PM	Youth Tennis		3:30 PM		
5:00 PM			5:00 PM	Dry Land Swim Workout	
6:00 PM	Yoga		7:00 PM	Just Be Mindfulness Guidelines	
Wednesday		04/22/20	Thursday		04/23/20
Class Times	VIDEO LINKS		Class Times	VIDEO LINKS	
9:00 AM			9:00 AM	Morning Stretch Class	
10:00 AM	Toning with Weights		11:00 AM		
4:00 PM	Cooking Class		3:00 PM		
5:00 PM			5:00 PM	Dry Land Swim Workout	
6:00 PM	Aerobics/Body Sculpting				
Friday		04/24/20	Saturday		04/25/20
Class Times	VIDEO LINKS		Class Times	VIDEO LINKS	
9:00 AM	Circuit Training		10:00 AM		
4:00 PM			11:00 AM		
5:00 PM					
6:00 PM	Pilates				
			Sunday		04/26/20
			Class Times	VIDEO LINKS	
			10:30 AM	Kids Zumba	



Zoom Class Recording

Monday		04/13/20	Tuesday		04/14/20
Class Times	VIDEO LINKS		Class Times	VIDEO LINKS	
9:00 AM	Circuit Training		9:00 AM	Morning Stretch	
10:00 AM	Toning with Weights		10:00 AM	Gardening	
4:00 PM	Youth Tennis		3:30 PM	Creative Time	
5:00 PM			5:00 PM	Dry Land Swim Workout	
6:00 PM	Yoga		6:00 PM	Just Be Mindfulness	
Wednesday		04/15/20	Thursday		04/16/20
Class Times	VIDEO LINKS		Class Times	VIDEO LINKS	
9:00 AM	Zumba		9:00 AM	Morning Stretch	
10:00 AM	Toning with Weights		11:00 AM		
4:00 PM			3:00 PM		
5:00 PM			5:00 PM	Dry Land Swim Workout	
6:00 PM					
Friday		04/17/20	Saturday		04/18/20
Class Times	VIDEO LINKS		Class Times	VIDEO LINKS	
9:00 AM	Circuit Training		10:00 AM		
4:00 PM	Warriors Basketball				
5:00 PM					
6:00 PM	Pilates				
			Sunday		04/19/20
			Class Times	VIDEO LINKS	
			10:30 AM	Kids Zumba	



Zoom Class Recording

Monday		04/6/20	Tuesday		04/7/20
Class Times	VIDEO LINKS		Class Times	VIDEO LINKS	
9:00 AM	Circuit Training		9:00 AM	Morning Stretch	
10:00 AM	Toning with Weights		10:00 AM		
4:00 PM			3:30 PM	Creative Time	
5:00 PM	Youth Tennis		5:00 PM	Dry Land Swim Workout	
6:00 PM	Yoga		6:00 PM		
Wednesday		04/8/20	Thursday		04/9/20
Class Times	VIDEO LINKS		Class Times	VIDEO LINKS	
9:00 AM	Zumba		9:00 AM	Morning Stretch	
10:00 AM	Toning with Weights		11:00 AM		
4:00 PM			3:00 PM		
5:00 PM			5:00 PM	Dry Land Swim Workout	
6:00 PM	Aerobics/Body Sculpting				
Friday		04/10/20	Saturday		04/11/20
Class Times	VIDEO LINKS		Class Times	VIDEO LINKS	
9:00 AM	Circuit Training		10:00 AM		
4:00 PM	Youth Tennis				
5:00 PM					
6:00 PM	Pilates				
			Sunday		04/12/20
			Class Times	VIDEO LINKS	
			10:30 AM	Kids Zumba	