

# Chillicothe Fitness & Racquet Club

## Activity Calendar

### Activity Calendar

### May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>INSTRUCTORS:</b> <u>Misty Allen</u> <i>Senior Circuit</i> <i>Silversneakers</i> <i>HIIT</i> <i>Delay the Disease</i>  <u>Bev Britton</u> <i>ZUMBA</i> <i>Pilates</i>  <u>Mary Grote</u> <i>ZUMBA Gold</i>  <u>Patty Swanson</u> <i>ZUMBA</i>  <u>Nancy Kennelly</u> <i>YOGA</i>  <u>Christopher Seeley</u> <i>AMRAP</i> <i>SPIN</i>  <u>Pam Nichols</u> <i>Tai Chi</i>		<p style="text-align: right;">1</p> 7pm MIX LEVEL YOGA 7pm Pilates	<p style="text-align: right;">2</p> 6:30am NO CLASS TODAY 9am ZUMBA Gold 10am NO CLASS TODAY 7pm ZUMBA Blacklight	<p style="text-align: right;">3</p> 5pm Tai Chi 7pm Pilates 7:45pm Tennis Clinic Mix Level Adult – fee based	<p style="text-align: right;">4</p> 6:30am HIIT 9am Cardio & Strength 10am Silversneaker Classic	<p style="text-align: right;">5</p> 9am ZUMBA <i>Cinco De Mayo Party!!!!</i>  9:30am Mix Level Yoga	
	<p style="text-align: right;">7</p> 6:30am Stretch & Core 10am Senior Circuit 6pm AMRAP 7pm Spin 7pm ZUMBA	<p style="text-align: right;">8</p> 7pm MIX LEVEL YOGA 7pm Pilates	<p style="text-align: right;">9</p> 6:30am HIIT 9am ZUMBA Gold 10am Silversneaker Classic 7pm ZUMBA Blacklight	<p style="text-align: right;">10</p> <u>5pm NO Tai Chi</u> 7pm Pilates 7:45pm Tennis Clinic Mix Level Adult – fee based	<p style="text-align: right;">11</p> 6:30am HIIT  10am Silversneaker Classic	<p style="text-align: right;">12</p> 9am ZUMBA 9:30am Mix Level Yoga	
	<p style="text-align: right;">14</p> 6:30am Stretch & Core 10am Senior Circuit 6pm AMRAP 7pm Spin 7pm ZUMBA	<p style="text-align: right;">15</p> 7pm MIX LEVEL YOGA 7pm Pilates	<p style="text-align: right;">16</p> 6:30am HIIT 9am ZUMBA Gold 10am Silversneaker Classic 7pm ZUMBA Blacklight	<p style="text-align: right;">17</p> 5pm Tai Chi 7pm Pilates 7:45pm Tennis Clinic Mix Level Adult – fee based	<p style="text-align: right;">18</p> 6:30am HIIT 10am Silversneaker Classic	<p style="text-align: right;">19</p> 9am ZUMBA 9:30am Mix Level Yoga	
	<p style="text-align: right;">21</p> 6:30am Stretch & Core 10am Senior Circuit 6pm AMRAP 7pm Spin 7pm ZUMBA	<p style="text-align: right;">22</p> 7pm MIX LEVEL YOGA 7pm Pilates	<p style="text-align: right;">23</p> 6:30am HIIT 9am ZUMBA Gold 10am Silversneaker Classic 7pm ZUMBA Blacklight	<p style="text-align: right;">24</p> 5pm Tai Chi – last class 7pm Pilates 7:45pm Tennis Clinic Mix Level Adult – fee based	<p style="text-align: right;">25</p> 6:30am HIIT 10am Silversneaker Classic	<p style="text-align: right;">26</p> 9am ZUMBA 9:30am Mix Level Yoga	
	<p style="text-align: right;">28</p> <b>Memorial Day</b> <b>Hours:</b> <b>8am – 4pm</b>	<p style="text-align: right;">29</p> 7pm MIX LEVEL YOGA 7pm <u>NO Pilates</u>	<p style="text-align: right;">30</p> 6:30am HIIT 9am ZUMBA Gold 10am Silversneaker Classic 7pm ZUMBA Blacklight	<p style="text-align: right;">31</p> 7pm <u>NO Pilates</u> 7:45pm Tennis Clinic Mix Level Adult – fee based			
	<ul style="list-style-type: none"> <li>ZUMBA Cinco De Mayo Party! Saturday May 5<sup>th</sup> @ 9am! Come join the fun!</li> <li>Join Misty May 4<sup>th</sup> &amp; 11<sup>th</sup> @ 9am for a special Cardio &amp; Strength class!</li> <li>Tai Chi class will end on May 24<sup>th</sup> – classes will resume in the Fall</li> <li>Class pass for non-members is only \$5!</li> </ul>						