

May 2024 Inclusive Programs


Mon

Tue

Wed

Thu

Fri

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| <p>**Classes Marked with ** are an additional registration / charge of a 12-Class Blue Card**</p> <p>**Members: \$38 **</p> <p>**Non-Members: \$50 **</p> | | <p>1</p> <p>9-9:45- Renee Water Aerobics** 10-10:45 – Leigh Arthritis** 10:15-11 – Renee SS Yoga 11:15 – 12 Renee Cardio Circuit</p> | <p>2</p> <p>8:15 – 8:45 Leigh Hiit** 9 – 9:45 Cat Cardio & Toning** 10-10:45 Leigh Cardio 10-10:45 Cat Splash 11-11:45 Tanya Boom Yoga 6-7:00p Olivia Cardio & Toning**</p> | <p>3</p> <p>9-9:45 Renee Splash 10-10:45 Leigh Water for All 11-11:45 – Tanya Boom Stability</p> |
| <p>6</p> <p>8:00 – 8:45 Laura Deep Hiit** 9-9:45- Renee Water Aerobics** 10-10:45 – Leigh Arthritis** 10:15-11 – Renee SS Yoga</p> | <p>7 8:15 – 8:45 Laura Hiit** 9 – 9:45 Laura Cardio & Toning** 9-9:45 – Renee Circuit 10-10:45 Leigh Classic 10-10:45 Renee Splash 11-11:45 Tanya Boom Strength 6-7:00p Olivia Cardio & Toning**</p> | <p>8</p> <p>9-9:45- Renee Water Aerobics** 10-10:45 – Leigh Arthritis** 10:15-11 – Renee SS Yoga 11:15 – 12 Renee Cardio Circuit</p> | <p>9</p> <p>8:15 – 8:45 Leigh Hiit** 9 – 9:45 Cat Cardio & Toning** 10-10:45 Leigh Cardio 10-10:45 Cat Splash 11-11:45 Tanya Boom Yoga 6-7:00p Olivia Cardio & Toning**</p> | <p>10</p> <p>9-9:45 Renee Splash 10-10:45 Leigh Water for All 11-11:45 – Tanya Boom Stability</p> |
| <p>13</p> <p>8:00 – 8:45 Laura Deep Hiit** 9-9:45- Renee Water Aerobics** 10-10:45 – Leigh Arthritis** 10:15-11 – Renee SS Yoga</p> | <p>14 8:15 – 8:45 Laura Hiit** 9 – 9:45 Laura Cardio & Toning** 9-9:45 – Renee Circuit 10-10:45 Leigh Classic 10-10:45 Renee Splash 11-11:45 Tanya Boom Strength 6-7:00p Olivia Cardio & Toning**</p> | <p>15</p> <p>9-9:45- Renee Water Aerobics** 10-10:45 – Leigh Arthritis** 10:15-11 – Renee SS Yoga 11:15 – 12 Renee Cardio Circuit</p> | <p>16</p> <p>8:15 – 8:45 Leigh Hiit** 9 – 9:45 Cat Cardio & Toning** 10-10:45 Leigh Cardio 10-10:45 Cat Splash 11-11:45 Tanya Boom Yoga 6-7:00p Olivia Cardio & Toning**</p> | <p>17</p> <p>9-9:45 Renee Splash 10-10:45 Leigh Water for All 11-11:45 – Tanya Boom Stability</p> |
| <p>20</p> <p>8:00 – 8:45 Laura Deep Hiit** 9-9:45- Renee Water Aerobics** 10-10:45 – Leigh Arthritis** 10:15-11 – Renee SS Yoga</p> | <p>21 8:15 – 8:45 Laura Hiit** 9 – 9:45 Laura Cardio & Toning** 9-9:45 – Renee Circuit 10-10:45 Leigh Classic 10-10:45 Renee Splash 11-11:45 Tanya Boom Strength 6-7:00p Olivia Cardio & Toning**</p> | <p>22</p> <p>9-9:45- Renee Water Aerobics** 10-10:45 – Leigh Arthritis** 10:15-11 – Renee SS Yoga 11:15 – 12 Renee Cardio Circuit</p> | <p>23</p> <p>8:15 – 8:45 Leigh Hiit** 9 – 9:45 Cat Cardio & Toning** 10-10:45 Leigh Cardio 10-10:45 Cat Splash 11-11:45 Tanya Boom Yoga 6-7:00p Olivia Cardio & Toning**</p> | <p>24</p> <p>9-9:45 Renee Splash 10-10:45 Leigh Water for All</p> <p>No Tanya Today!</p> |
| <p>27</p>  <p>MEMORIAL DAY REMEMBER AND HONOR</p> | <p>28 8:15 – 8:45 Laura Hiit** 9 – 9:45 Laura Cardio & Toning** 9-9:45 – Renee Circuit 10-10:45 Leigh Classic 10-10:45 Renee Splash 11-11:45 Tanya Boom Strength 6-7:00p Olivia Cardio & Toning**</p> | <p>29</p> <p>9-9:45- Renee Water Aerobics** 10-10:45 – Leigh Arthritis** 10:15-11 – Renee SS Yoga 11:15 – 12 Renee Cardio Circuit</p> | <p>30</p> <p>8:15 – 8:45 Leigh Hiit** 9 – 9:45 Cat Cardio & Toning** 10-10:45 Leigh Cardio 10-10:45 Cat Splash 11-11:45 Tanya Boom Yoga 6-7:00p Olivia Cardio & Toning**</p> | <p>31</p> <p>9-9:45 Renee Splash 10-10:45 Leigh Water for All 11-11:45 – Tanya Boom Stability</p> |