BF Rec Group Fitness May 2022

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Mon	Tue	Wed	Thu	Fri
2 *Early Bird 5:20 am (Intervals)* *SilverSneakers® Classic 8:30 & 9:30 am* *Bars & Bells 4:30 pm*	*3* *SilverSneakers® Yoga 8:00 & 9:00 am* *SilverSplash® 9:00 am* *Gentle Yoga 10:00 am* *Dance Fitness 4:30 pm*	*4* *Early Bird 5:20 am (Strength Training)* *SilverSneakers® Classic 8:30 & 9:30 am* *Kids Yoga 4:15 pm* *Yoga Foundations 5:30 pm*	*5* *SilverSneakers® Yoga 8:00 & 9:00 am* *SilverSplash® 9:00 am* *Dance Fitness Silver Style 10:00 am* *Tabata 4:30 pm*	*6* *Bars & Bells 5:20 am* *SilverSneakers® Circuit 8:30 am*
9 *Early Bird 5:20 am (Intervals)* *SilverSneakers® Classic 8:30 & 9:30 am* *Bars & Bells 4:30 pm*	*10* *SilverSneakers® Yoga 8:00 & 9:00 am* *SilverSplash® 9:00 am* *Gentle Yoga 10:00 am* *Dance Fitness 4:30 pm*	*11* *Early Bird 5:20 am (Strength Training)* *SilverSneakers® Classic 8:30 & 9:30 am* *Kids Yoga 4:15 pm* *Yoga Foundations 5:30 pm*	*12* *SilverSneakers® Yoga 8:00 & 9:00 am* *SilverSplash® 9:00 am* *Dance Fitness Silver Style 10:00 am* *Tabata 4:30 pm*	*13* *Bars & Bells 5:20 am* *SilverSneakers® Circuit 8:30 am*
16 *Early Bird 5:20 am (Intervals)* *SilverSneakers® Classic 8:30 & 9:30 am* *Bars & Bells 4:30 pm*	*17* *SilverSneakers® Yoga 8:00 & 9:00 am* ***SilverSplash® 9:00 am-Last day!*** *Gentle Yoga 10:00 am* *Dance Fitness 4:30 pm*	*18* *Early Bird 5:20 am (Strength Training)* *SilverSneakers® Classic 8:30 & 9:30 am* *Kids Yoga 4:15 pm* *Yoga Foundations 5:30 pm*	*19* *SilverSneakers® Yoga 8:00 & 9:00 am* *Dance Fitness Silver Style 10:00 am* *Tabata 4:30 pm*	*20* *Bars & Bells 5:20 am* *SilverSneakers® Circuit 8:30 am*
23 *Early Bird 5:20 am (Intervals)* *SilverSneakers® Classic 8:30 & 9:30 am* *Bars & Bells 4:30 pm*	*24* *SilverSneakers® Yoga 8:00 & 9:00 am* *Gentle Yoga 10:00 am* ***No Dance today! (Fitness team working Kids Track & Field meet)***	*25* *Early Bird 5:20 am (Strength Training)* *SilverSneakers® Classic 8:30 & 9:30 am* *Kids Yoga 4:15 pm* *Yoga Foundations 5:30 pm*	*26* *SilverSneakers® Yoga 8:00 & 9:00 am* *Dance Fitness Silver Style 10:00 am* *Tabata 4:30 pm*	*27* *Bars & Bells 5:20 am* *SilverSneakers® Circuit 8:30 am*
30 ***Memorial Day CLOSED*** 	*31* *SilverSneakers® Yoga 8:00 & 9:00 am* ***No Gentle Yoga today!*** *Dance Fitness 4:30 pm*	**SilverSplash®** -Last day is Tuesday, May 17 -Class will resume late summer/early fall after summer swim lessons wrap up!	***RIVER RUN*** **Friday, June 10** **7:00 pm** Starts & finishes @ Rail Park downtown during River Fest! $5 Kids ~ $10 Adults (Add $10 for event t-shirt)	