




Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Boot Camp 6:00A S. Strength 10:00A  Cindi Zumba 5:00P	<b>2</b> Fit Row 5:45A (FR New Session) TJQ 9:00A Gentle Yoga 4:30P JROW 6:00P	<b>3</b> Boot Camp 6:00A S. Strength 10:00A Strength 4:15P Jenn Zumba 5:00P TKD 6:30P	<b>4</b> Fit Row 5:45A Open Yoga 10:00A  TKD 6:30P	<b>5</b>
<b>6</b>	<b>7</b> Boot Camp 6:00A TJQ 9:00A Open Yoga 10:00A JROW 6:30P	<b>8</b> Boot Camp 6:00A S. Strength 10:00A  Cindi Zumba 5:00P	<b>9</b> Fit Row 5:45A TJQ 9:00A Gentle Yoga 4:30P JROW 6:00P	<b>10</b> Boot Camp 6:00A S. Strength 10:00A Strength 4:15P Jenn Zumba 5:00P TKD 6:30P	<b>11</b> Fit Row 5:45A Open Yoga 10:00A  TKD 6:30P	<b>12</b>
<b>13</b>	<b>14</b> Boot Camp 6:00A TJQ 9:00A Open Yoga 10:00A	<b>15</b> Boot Camp 6:00A S. Strength 10:00A  Cindi Zumba 5:00P	<b>16</b> Fit Row 5:45A TJQ 9:00A Gentle Yoga 4:30P JROW 6:00P	<b>17</b> Boot Camp 6:00A S. Strength 10:00A Strength 4:15P Jenn Zumba 5:00P TKD 6:30P	<b>18</b> Fit Row 5:45A  TKD 6:30P	<b>19</b>
<b>20</b>	<b>21</b> Boot Camp 6:00A TJQ 9:00A Open Yoga 10:00A JROW 6:30P	<b>22</b> Boot Camp 6:00A S. Strength 10:00A  Cindi Zumba 5:00P	<b>23</b> Fit Row 5:45A TJQ 9:00A Gentle Yoga 4:30P JROW 6:00P	<b>24</b> Boot Camp 6:00A S. Strength 10:00A Strength 4:15P Jenn Zumba 5:00P TKD 6:30P	<b>25</b> Fit Row 5:45A Open Yoga 10:00A  TKD 6:30P	<b>26</b>
<b>27</b>	<b>28</b> <b>Memorial Day!</b> (Fitness Center will be unstaffed)	<b>29</b> Boot Camp 6:00A (BC New Session) S. Strength 10:00A Cindi Zumba 5:00P	<b>30</b> Fit Row 5:45A TJQ 9:00A Gentle Yoga 4:30P JROW 6:00P	<b>31</b> Boot Camp 6:00A S. Strength 10:00A Strength 4:15P Jenn Zumba 5:00P TKD 6:30P	<b>Questions/Concerns</b> Contact: Jamie Medina Comm. Health and Wellness Coordinator 507-831-0673	<i>Please be aware of            schedule and/or time            changes!</i>  <i>Thank You :)</i>