



# May Long Weekend Schedule

## Fitness Schedule

7 AM to 7 PM

### Saturday, May 20<sup>th</sup>

8:00 to 9:00AM – PowerPacing - Mike

9:00 to 10:00 AM – Yoga – Ann Marie

9:30 to 10:45 AM – PowerPacing – Don/Margot

10:00 to 11:00 AM – Step - Sheralyn

11:15 AM to 12:15 PM – Yoga – Adrian

### Sunday, May 21<sup>st</sup>

9:00 to 10:00 AM – PowerPacing - Lindsey

### Monday, May 22<sup>nd</sup>

12:10 - 12:50 PM – PowerPacing - Steph

5:30 to 6:30 PM – Intense Intervals – Boni

## Pool Schedule

### Saturday, May 20<sup>th</sup>

9:30 AM to 3:30 PM – Swimming Lessons

3:30 to 6:00 PM – Family Swim

### Sunday, May 21<sup>st</sup>

9:00 to 11:30 AM – Lane Swim

11:30 AM to 12:30 PM – Aquasize – Bernadette

3:30 to 6:30 PM – Family Swim

### Monday, May 22<sup>nd</sup>

10:00 AM to 1:00 PM – Lane Swim

1:00 PM to 4:00 PM – Family Swim

4:00 PM to 5:00 PM – Aquafit – James/Christina