

MEMORIAL DAY GROUP FITNESS SCHEDULE 2019

MEMORIAL MONDAY IS FREE COMMUNITY CLASS DAY!
ALL CLASSES ARE OPEN TO MEMBERS AND NON-MEMBERS.



MEMORIAL DAY – MONDAY, MAY 27 GROUP FITNESS SCHEDULE
NO OTHER GROUP FITNESS CLASSES WILL BE OFFERED

J SPORTS & FITNESS FACILITY **HOURS OF OPERATION: 5 AM - 6 PM**

Aqua Fitness HIIT | 9 - 9:45 am

Led by Marilyn Harris | Outdoor pool

Spinning | 9:15 - 10 am

Led by Jennifer Wellington | Spin Studio

Flow Yoga | 10 - 11 am

Led by Marcos Delossantos | Mind Body Studio

Rock the Raft | 10 - 11 am

Led by Sherry Silverman | Outdoor Pool

Dance Fitness Celebration | 11 am - 12 pm

Led by Ernesto Plazola and Krystal Rey | Group Fitness Studio

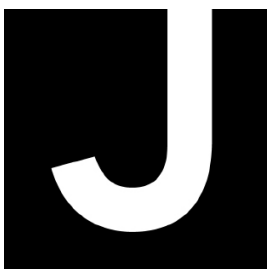
HAVE A SAFE AND FUN MEMORIAL DAY!

For more information

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MEMORIAL DAY



live up™