



SOUTHEAST RALEIGH GROUP FITNESS

MAY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 ZUMBA Taylor 6:15 - 7:15 p.m.	3	4 Circuit - Jenn 8:30 - 9:30 a.m. Beg Yoga-My Hao 9:40 - 10:40 a.m.
5	6 HIP HOP Tracie & Taylor 6:15 - 7:15 p.m.	7	8	9 CardioDance Byron 6:15 - 7:15 p.m.	10	11 Pound - Joseph 8:30 - 9:30 a.m. Beg Yoga-Dana 9:40 - 10:40 a.m.
12	13 HIP HOP Tracie 6:15 - 7:15 p.m.	14	15	16 CardioDance Jenn 6:15 - 7:15 p.m.	17	18 NO CIRCUIT CLASS Beg Yoga - Dana 9:40 - 10:40 a.m.
19	20 HIP HOP Jenn 6:15 - 7:15 p.m.	21	22	23 ZUMBA Taylor 6:15 - 7:15 p.m.	24	25 Circuit - Bailey 8:30 - 9:30 a.m. Barre - Jenn K. 9:40 - 10:40 a.m.
26	27 NO CLASS Memorial Day	28	29	30 CardioDance Sheri 6:15 - 7:15 p.m.	31	

* All classes are held at Walnut Creek Elementary School. Classes are \$3 each (Y-members are free).