

# Country Fit Group Fitness Calendar

## May Special Notes:

- Fundamental Yoga: Spring Session started March 10th
- Fundamental Yoga: Purchase a punch card 6 classes for \$50 or 12 for \$80. Or \$10 Drop In.

### Monday

5:00 am	Strength	Mandy
9:00 am	Yogalaties Stretch	
5:30 pm	Cardio Drumming	Mandy

### Tuesday

5:00 am	Barre	Mandy
9:00 am	Cardio Blast	
10:00 am	Silver Strong	CJ
7:00 pm	Fundamental Yoga Spring Session (\$)	Angie

### Wednesday

5:00 am	Tabata	Laura
9:00 am	Total Body	
5:30 pm	Circuit Strength	CJ

### Thursday

5:00 am	Yogalaties X	Mandy
9:00 am	Yogalaties X	
10:00 am	Silver Strong	CJ

### Friday

5:00 am	Bootcamp	Mandy
9:00 am	Fit Mix	

### Saturday { \$5 per class }

8am	May 4th	NO CLASS
8am	May 11th	
8am	May 18th	
8am	May 25th	

### Sunday

10:30am	May 12th	Bloody Yoga @ Clydes (\$)
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