



AEROBICS CALENDAR

MAY 2023

Sunday	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
KEY: Red- Family Days & Holidays Spin: 19 Aerobic: 29	0900 FIP 1700 Spin - Michelle 1800 Yoga - Michelle	0900 FIP 1600 45 min Intense Abs - Hasina 1700 Spin - Hasina	0900 FIP 1700 Spin - Michelle	0900 FIP 1130 Spin - Hasina 1600 45 min Intense Abs - Hasina 1645 Circuit - Lawrence 1800 Zumba - Karen	0900 FIP	1000 Zumba - Jaylell
7	8	9	10	11	12	13
Blue: Volunteer	0900 FIP 1700 Spin - Michelle 1800 Yoga - Michelle	0900 FIP 1600 45 min Intense Abs - Hasina 1700 Spin - Hasina	0900 FIP 1700 Spin - Michelle	0900 FIP 1130 Spin - Hasina 1600 45 min Intense Abs - Hasina 1645 Circuit - Lawrence 1800 Zumba - Karen	0900 FIP	1000 Zumba - Jaylell
14	15	16	17	18	19	20
	0900 FIP 1700 Spin - Michelle 1800 Yoga - Michelle	0900 FIP 1600 45 min Intense Abs - Hasina 1700 Spin - Hasina	0900 FIP 1700 Spin - Michelle	0900 FIP 1130 Spin - Hasina 1600 45 min Intense Abs - Hasina 1645 Circuit - Lawrence 1800 Zumba - Karen	0900 FIP	1000 Zumba - Jaylell
21	22	23	24	25	26	27
	0900 FIP 1700 Spin - Michelle 1800 Yoga - Michelle	0900 FIP 1600 45 min Intense Abs - Hasina 1700 Spin - Hasina	0900 FIP 1700 Spin - Michelle	0900 FIP 1130 Spin - Hasina 1600 45 min Intense Abs - Hasina 1645 Circuit - Lawrence 1800 Zumba - Karen	0900 FIP	1000 Zumba - Jaylell
28	29	30	31			
	0900 FIP Federal Holiday	0900 FIP 1600 45 min Intense Abs - Hasina 1700 Spin - Hasina	0900 FIP 1700 Spin - Michelle	0900 FIP 1130 Spin - Hasina 1600 45 min Intense Abs - Hasina 1645 Circuit - Lawrence 1800 Zumba - Karen	0900 FIP	1000 Zumba - Jaylell
30						
					NOTES: *Schedule subject to change without notice* Yoga classes may be moved outdoors in nice weather.	

Military personnel identified for the "Fitness Improvement Program" have priority on all scheduled Group Exercise classes
 All classes are free to military and eligible DoD card holders