

# May 2018

## Shaw Physical Fitness Facility

### 7979 California Rd

Mondays		Tuesdays	Wednesdays	Thursdays	Fridays
MORNING		900am Zumba® Lena 1030am Total Pump AM Megan		900am Zumba® Lena 1030am Total Pump AM Anna	
NOON					
EVENING	500pm Power Cycle Linzi				
			45 Minutes		

Saturdays at Shaw			
5 <sup>th</sup>	12 <sup>th</sup>	19 <sup>th</sup>	26 <sup>th</sup>
830am POUND® Megan 1000am Spin® Geneva	830am Country Heat™ Amanda 1000am Spin® Geneva	830am PiYo™ Anna 1000am Spin® Geneva	830am Country Heat™ Amanda 1000am Spin® Geneva

- All classes and instructors subject to change without notice.
- Please warm up prior to participating in any 30 minute class.
- All classes are 60 minutes unless otherwise specified.
- Admission to classes will not be allowed 15 minutes after class has started.

