



RICHARD E. WORKMAN
Sports & Wellness
Complex

May Group Fitness Schedule

May 1st - 31st

FREE for Members
\$3 for Non - members

Monday	Tuesday	Wednesday	Thursday	Friday
Total Body Sculpt 5:15 - 6:00 am / Mandy	Cycle Strength 2 5:15 - 6:15 am / Diane	HIIT Circuits 5:15 - 6:00 am / Mandy	Cycle Strength 2 5:15 - 6:15 am / Diane	Bands, Balls and Barbells 5:15 - 6:00 am / Mandy
Aqua Fit 8:00 - 9:00 am / Holly	Aqua Fit Combo 8:00 - 9:00 am / Betty	River Walk Challenge 8:00 - 9:00 am / Holly	Aqua Fit Combo 8:00 - 9:00 am / Betty	Total Body Sculpt 8:15 - 9:00 am / Mandy
Treadz Bootcamp T 8:15 - 9:00 am / Rachel	Aqua Tai Chi 9:00 - 10:00 am / Betty	Deep Water Fitness 9:00 - 10:00 am / Annette	Aqua Tai Chi 9:00 - 10:00 am / Betty	Aqua Fit Combo 8:00 - 9:00 am / Holly
Deep Water Fitness 9:00 - 10:00 am / Annette	Yoga/Pilates for Core 8:15 - 9:00 am / Erin	Track Attack 8:15 - 9:00 am / Carlos	Yoga/Pilates for Core 8:15 - 9:00 am / Kaycie	Treadz T 5:15 - 6:00 pm / JD
Circuits 9:15 - 10:00 am / Theresa	Chair Yoga SS 9:15 - 10 am / Erin	Shuffle 9:15 - 10 am / Carlos	Chair Yoga SS 9:15 - 10 am / Kaycie	
Rock Steady Boxing for Parkinson's 10:45 - 11:45 am / Theresa	Bootcamp 12:15 - 12:45 pm / JD	Reps & Sets 12:15 - 12:45 pm / Mandy	Rock Steady Boxing for Parkinson's 10:45 - 11:45 am / Theresa	Saturday
Reps & Sets 12:15 - 12:45 pm / Mandy	Yoga Pilates 5:15 - 6:00 pm / Theresa	Step Aerobics 5:30 - 6:15 pm / Jodie	Yoga Pilates 5:15 - 6:00 pm / Theresa	Saturday Surprise 8:15 - 9:00 am / Rotation
Encore Treadz T 5:15 - 6:00 pm Rachel	Treadz T 5:15 - 6:00 pm / JD		Treadz T 5:15 - 6:00 pm / JD	Gentle Yoga 9:15 - 10:15 am / Kaycie

MONTHLY ANNOUCEMENTS

- *Make sure to enter in the Mother Day Gift Basket Drawing by attending classes May 1st - 14th.
 - *Kiddos can come in between the 8th - 14th and paint a pot and plant a flower for their special lady
 - *Will be closing at 12 pm on Monday May 29th for Memorial Day
 - *Registration is open for the Shooting Camp with Coach Reed and Red Tide Swim Team
 - *Make sure to grab a copy our newsletter for all things current
 - *Please check the front desk for any additional pool and court reservations. We have a lot of upcoming parties and school events.
 - ***Saturday Surprise:** 5/6 Carlos, 5/13 Kaycie, 5/20 Mandy, 5/27 JD
- FACEBOOK: workman sports complex

Aqua Class
2 Studio 2
T Treadmill
SS Senior Specific
NEW New Class
Please note: all classes are held in studio 1 unless stated otherwise. Classes are subject to change at any time

Sunday
Kickboxing 2:15 - 3:00 pm / Jodie
Yoga Pilates 3:15 - 4:00 pm / Theresa