



SPORTS • FITNESS • FRIENDS

PUMP IT UP ZONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Sweaty Secret 8:00-8:45
4 Cardio Dance 8:00-8:45am Strength&Conditioning/ Stretch 11:30-12:30 (Zoom) Strength&Conditioning/ Stretch 4:30-5:30pm	5 Cardio Rhythmic Step 8:00-8:45am Zumba 6:10-7:00	6 Zumba Gold-Toning 8:00-8:45am Strength&Conditioning/ Stretch 11:30- 12:30(Zoom) Strength&Conditioning/ Stretch 4:30-5:30pm	7 Cardio Rhythmic Step 8:00-8:45am Yoga 5:30-6:30pm \$	8 Sweaty Secret 8:00-8:45am
11 Cardio Dance 8:00-8:45am Strength&Conditioning/ Stretch 11:30-12:30 (Zoom) Strength&Conditioning/ Stretch 4:30-5:30pm	12 Cardio Rhythmic Step 8:00-8:45am Zumba 6:10-7:00	13 Zumba Gold-Toning 8:00-8:45am Strength&Conditioning/ Stretch 11:30-12:30 (Zoom) Strength&Conditioning/ Stretch 4:30-5:30pm	14 Cardio Rhythmic Step 8:00-8:45am Yoga 5:30-6:30pm \$	15 Sweaty Secret 8:00-8:45am
18 Cardio Dance 8:00-8:45am Strength-Conditioning/ Stretch 11:30-12:30 (Zoom) Strength&Conditioning/ Stretch 4:30-5:30pm	19 Cardio Rhythmic Step 8:00-8:45am Zumba 6:10-7:00	20 Zumba Gold Toning 8:00-8:45am Strength&Conditioning/ Stretch 11:30-12:30 (Zoom) Strength& Conditioning Stretch 4:30-5:30pm	21 Cardio Rhythmic Step 8:00-8:45am Yoga 5:30-6:30pm \$	22 Sweaty Secret 8:00-8:45am
25 No Classes Memorial Day	26 Cardio Rhythmic Step 8:00-8:45am Zumba 6:10-7:00	27 Zumba Gold Toning 8:00-8:45am Strength&Conditioning/ Stretch 11:30-12:30 (Zoom) Strength& Conditioning Stretch 4:30-5:30pm	28 Cardio Rhythmic Step 8:00-8:45am Yoga 5:30-6:30pm \$	29 Sweaty Secret 8:00-8:45am
			Zoom Number 603-851-2617 Code 7lw1z	Riverside Hours: Mon.-Thurs. 6am-8pm Friday 6am-5pm Saturday 7am-Noon

TURF and POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am
4 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am	5 Water Exercise 8:00-9:00am Silver Sneakers Circuit 9:00-9:45am	6 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am Hydro-Fit 5:45-6:45pm	7 Water Exercise 8:00-9:00am Silver Sneakers Circuit 9:00-9:45am	8 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am
11 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am	12 Water Exercise 8:00-9:00am Silver Sneakers Circuit 9:00-9:45am	13 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am Hydro-Fit 5:45-6:45pm	14 Water Exercise 8:00-9:00am Silver Sneakers Circuit 9:00-9:45am	15 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am
18 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am	19 Water Exercise 8:00-9:00am Silver Sneakers Circuit 9:00-9:45am	20 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am Hydro-Fit 5:45-6:45pm	21 Water Exercise 8:00-9:00am Silver Sneakers Circuit 9:00-9:45am	22 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am
25 No Classes Memorial Day	26 Water Exercise 8:00-9:00am Silver Sneakers Circuit 9:00-9:45am	27 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am Hydro-Fit 5:45-6:45pm	28 Water Exercise 8:00-9:00am Silver Sneakers Circuit 9:00-9:45am	29 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am