

# MAY 2017

Mon	Tue	Wed	Thu	Fri	
1	2	3	4	5	<p><b>INSTRUCTORS:</b> (SEE BELOW)</p> <p><b>Cathy Kumar</b> Registered Yoga Teacher Yoga Alliance/ M.S. in Health &amp; Wellness Promotion</p> <p><b>Tabby Horvath</b> ACE Certified Group Fitness Instructor /M.S. Human Wellness</p>
Kickboxing 9:30a-10:30a Instructor: Tabby		Total Body in Ten 9:30a-10:15a Instructor: Tabby		TBC 9:30a-10:30a Instructor: Tabby	
Yoga 5:30p-7:00p Instructor: Cathy					
8	9	10	11	12	
Kickboxing 9:30a-10:30a Instructor: Tabby		Total Body in Ten 9:30a-10:15a Instructor: Tabby		TBC 9:30a-10:30a Instructor: Tabby	
Yoga 5:30p-7:00p Instructor: Cathy					
15	16	17	18	19	
Kickboxing 9:30a-10:30a Instructor: Tabby		Total Body in Ten 9:30a-10:15a Instructor: Tabby		TBC 9:30a-10:30a Instructor: Tabby	
Yoga 5:30p-7:00p Instructor: Cathy		Y12SR: Yoga 12 Step Recovery 5:30-7:00p Instructor: Cathy			
22	24	25	26	27	
Kickboxing 9:30a-10:30a Instructor: Tabby		Total Body in Ten 9:30a-10:15a Instructor: Tabby		TBC 9:30a-10:30a Instructor: Tabby	
Yoga 5:30p-7:00p Instructor: Cathy		Y12SR: Yoga 12 Step Recovery 5:30-7:00p Instructor: Cathy			
29	30	31			
<b>GYM IS CLOSED FOR MEMORIAL DAY CLASSES CANCELLED!!!</b>		Total Body in Ten 9:30a-10:15a Instructor: Tabby			
		Y12SR: Yoga 12 Step Recovery 5:30-7:00p Instructor: Cathy			