

# S.H.A.P.E. FITNESS

## May 2019

May 2019							June 2019						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
5	6	7	1	2	3	4	2	3	4	5	6	7	1
12	13	14	8	9	10	11	9	10	11	12	13	14	8
19	20	21	15	16	17	18	16	17	18	19	20	21	15
26	27	28	22	23	24	25	23	24	25	26	27	28	22
			29	30	31		30						29

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Apr 28	29	30	May 1 8:30am SHAPE 1 9:30am Chair Yoga 10:15am Wii Bowling 11:15am SHAPE 2	2 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line	3 8:30am SHAPE 1 9:30am Chair Yoga 10:15am Campus Cruisers 11:00am SHAPE 2	4
5	6 8:30am SHAPE 1 10:15am Better Balance 11:00am SHAPE 2	7 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:30am All Men's Class	8 8:30am SHAPE 1 9:30am Chair Yoga 10:15am Wii Bowling 11:15am SHAPE 2	9 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:30am All Men's Class	10 8:30am SHAPE 1 9:30am Chair Yoga 10:15am Campus Cruisers 11:00am SHAPE 2	11
12	13 8:30am SHAPE 1 10:15am Better Balance 11:00am SHAPE 2	14 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:30am All Men's Class	15 8:30am SHAPE 1 9:30am Chair Yoga 10:15am Wii Bowling 11:15am SHAPE 2	16 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:30am All Men's Class	17 8:30am SHAPE 1 9:30am Chair Yoga 10:15am Campus Cruisers 11:00am SHAPE 2	18
19	20 8:30am SHAPE 1 10:15am Better Balance 11:00am SHAPE 2	21 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:30am All Men's Class	22 8:30am SHAPE 1 9:30am Chair Yoga 10:15am Wii Bowling	23 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:30am All Men's Class	24 8:30am SHAPE 1 9:30am Chair Yoga 10:15am Campus Cruisers 11:00am SHAPE 2	25
26	27 NO CLASS	28 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:30am All Men's Class	29 8:30am SHAPE 1 9:30am Chair Yoga 10:15am Wii Bowling 11:15am SHAPE 2 1:00pm SHFD Walk	30 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:30am All Men's Class	31 8:30am SHAPE 1 10:00am Walk at Ahrens Park	Jun 1