

MAY FITNESS CLASSES

Mon	Tue	Wed	Thu	Fri
<p>Students= FREE Staff/Faculty/Alumni: \$3 drop in or \$25 punch card Community: \$7 drop in or \$50 punch card</p> <p><u>SIGNING IN AND PAYMENT MUST BE MADE AT THE FRONT DESK PRIOR TO CLASS!!!</u></p>		<p><u>17</u> OUTDOOR BOOTCAMP 7-7:45AM</p> <p>ZUMBA 12-12:45PM</p>	<p><u>SPIN CLASS PROCEDURE</u> 7 spin bikes available per class Bikes are 1st come, 1st served. To sign up call 893-6650 or sign in at the front desk. We will start taking names 60 minutes before the class starts.</p>	
<p><u>22</u></p> <p>PILATES 12-12:45PM</p>	<p><u>23</u></p> <p>BEGINNER SPIN 4-4:45PM</p>	<p><u>24</u> PEDAL POWER (SPIN) 7-7:45AM</p> <p>PILATES 4-4:45PM</p>	<p><u>25</u></p> <p>YOGA 12-12:45PM</p>	<p><u>26</u></p> <p>PEDAL POWER (SPIN) 12-12:45PM</p>
<p><u>29</u></p> 	<p><u>30</u></p> <p>BARRE BOOTCAMP 12-12:45PM</p> <p>BEGINNER SPIN 4-4:45PM</p>	<p><u>31</u> PEDAL POWER (SPIN) 7-7:45AM ZUMBA 12-12:45PM BACK ON TRACK 12-12:45PM PILATES 4-4:45PM</p>	<p><u>June 1</u> SUNRISE CIRCUIT 7-7:30AM</p> <p>YOGA 12-12:45PM</p>	<p><u>June 2</u></p> <p>PEDAL POWER (SPIN) 12-12:45PM</p>
<p>More classes will be added as the summer goes on! If you have questions email wellness@sjcme.edu</p>				

