



## Fort Myers YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Body Gym</b>	9:00AM-9:45AM (Strength) <i>Ciara N.</i>		9:00AM-9:45AM (Strength) <i>Leez M.</i>				
<b>H.I.I.T Gym</b>	10:15AM-11:00AM (Interval Training) <i>Leez M.</i>		10:00AM-10:45AM (Interval Training) <i>Leez M.</i>				
<b>Active Older Adults-Strength Studio 1</b>	11:00AM-11:45AM (Active Older Adults) <i>Debbie N.</i>		11:00AM-11:45AM (Active Older Adults) <i>Debbie N.</i>				
<b>Active Adults Gym</b>	11:00AM-11:45AM (Active Older Adults) <i>Leez M.</i>		11:00AM-11:45AM (Active Older Adults) <i>Leez M.</i>				
<b>Chair Yoga Studio 2</b>	11:00AM-11:45AM (Mind & Body) <i>Linda K.</i>						
<b>Les Mills BODYPUMP Studio 1</b>	5:30PM-6:15PM (Strength) <i>Debra K.</i>		5:30PM-6:15PM (Strength) <i>Debra K.</i>				
<b>Pilates Mat Gym</b>		9:00AM-9:45AM (Mind & Body) <i>Debra K.</i>					
<b>Stretch and Release Gym</b>		10:00AM-10:45AM (Stretch) <i>Leez M.</i>					
<b>Zumba Gym</b>		11:00AM-11:45AM (Dance) <i>Shelemiah F.</i>					
<b>Les Mills RPM Studio 1</b>		5:30PM-6:15PM (Cardio) <i>Debra K.</i>					