



May 2022 Fitness Schedule

235-2582 • homerbayclub@gmail.com • homerbayclub.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aquacise#1 8:30-9:30	Functional Fitness 8:00-9:00 Kali	Aquacise#1 8:30-9:30	Functional Fitness 8:00-9:00 Kali	Aquacise#1 8:30-9:30	
Aquacise#2 9:30-10:30	Beginning Aqua 9:00-10:00	Aquacise#2 9:30-10:30	Beginning Aqua 9:00-10:00	Aquacise#2 9:30-10:30	
Hundred's Club 9:30-10:30 Josh	Senior Mobility & Strength 9:30-10:30 Kali	Hundred's Club 9:30-10:30 Josh	Senior Mobility & Strength 9:30-10:30 Kali	Hundred's Club 9:30-10:30 Josh	
Aquacise#3 10:30-11:30		Aquacise#3 10:30-11:30		Aquacise#3 10:30-11:30	
	Restorative 'Polarfleece' Yoga 4:30-6:00 pm Joolee		Kids Climbing 4:00-6:00pm	Kids Climbing 4:00-6:00pm	Closed Sundays
Aqua Fit & Fun 6:00-7:00pm		Aqua Fit & Fun 6:00-7:00pm		Aqua Fit & Fun 6:00-7:00pm	
Adult Climbing 6:00-8:00pm			Adult Climbing 6:00-8:00pm		