



MAY 2018 SCHEDULE

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Adult Climbing ends 5/31/18/~ Children's Climbing Ends 5/20/18 ~ Check back in the Fall for new climbing times.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Senior Aquacise#1	Total Body Training	Senior Aquacise#1	Total Body Training	Senior Aquacise#1
8:30-9:30am Vision	6:30-7:30am ~ Joseph	8:30-9:30am Vision	6:30-7:30am ~ Joseph	8:30-9:30am Vision
**Functional Fitness	*Yoga-Mixed Level	**Functional Fitness	*Yoga-Mixed Level	**Functional Fitness
8:30-9:30 Sarah	8:30-9:30am Sarah	8:30-9:30 Sarah	8:30-10:00am Sarah	8:30-9:30 Sarah
Senior Aquaciser	Beginning Tai Chi	Senior Aquaciser	Beginning Tai Chi	Senior Aquaciser
10:00-11:00am ~Maryanne	10:00-11:00 Beau	10:00-11:00am ~Maryanne	10:00-11:00 Beau	10:00-11:00am ~Maryanne
Fitness Circuit Stations	Cycle & Core	Fitness Circuit Stations	Cycle & Core	
415-5:15 ~ Keri	12:00-1:00 Jennifer	415-5:15 ~ Keri	12:00-1:00 Jennifer	SATURDAY 9-6PM
Beginning Yoga		Pound' It Out		
5:15-6:30pm		5:30-6:30pm Juli		SUNDAY 8-1
Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Pound' It Out
5:30-6:30 Terrilynn	5:30-6:30 Heather	5:30-6:30 Terrilynn	5:30-6:30 Heather	12-12:45 Juli
Kids Climbing ~ ends 5/20	Intermed Yoga	Kids Climbing ~ ends 5/20	Intermed Yoga	
3:00-5:00/ \$12.90	5:15-6:45pm	3:00-5:00 / \$12.90	5:15-6:45pm	
Adult Climbing~ends 5/31		Adult Climbing~ends 5/31	Adult Climbing~ends 5/31	
6-8 pm/ \$12.90		6-8 pm/ \$12.90	6-8 pm/ \$12.90	