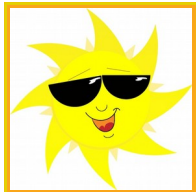





# PARAMOUNT SPORTS COMPLEX ~ MAY 2019 ~ FITNESS SCHEDULE

| SUN  | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |
|--|--|---|---|---|---|---|
|  | <p><u>Class Location Key:</u><br/> <b>A= Studio A - located on the Fitness Center side of the building ~ B= Studio B- located on gymnastics side of the building ~ FC= class held in the Fitness Center ~ T = class held on the turf</b></p> <hr style="border-top: 1px dashed black;"/> <p style="text-align: center;"><b>STEP IT UP ! FITNESS CHALLENGE UNDERWAY IN MAY!</b></p>   | <p><b>Fitness Center Hours:</b><br/> <b>Mon – Fri: 5am – 9pm; Sat: 7am – 5pm; Sun: 10am – 5pm</b></p> <p><b>Childcare Hours:</b><br/> <b>Mon – Thurs: 9am – 11am &amp; 6pm – 8pm; Fri: 9am – 11am</b></p>   | <p>1<br/>                     5am Tabata - Reneen (A)<br/>                     9:15am PIYO &amp; Core –Wendy (A)<br/>                     11am Calm (gentle yoga and relaxation techniques)– Joni (A)<br/>                     4:30pm Cardio, Strength &amp; Abs – Erin (A)<br/>                     5:30pm Power Step -Trish (A)<br/> <b>NEW TIME: 6pm Core De Force meets P90X– Kristie (B)</b></p> | <p>2<br/>                     5am Cardio &amp; Strength Circuit– Reneen (A)<br/>                     9:15am Body Endurance - Sam (A)<br/>                     10:30am <i>Forever Young</i>- Mary (A)<br/> <b>NEW TIME 5:30pm Latin Dance Fusion -Tracey (A)</b><br/> <b>NEW TIME 6:15pm Tabata – Reneen(A) (JM)</b><br/>                     7pm Yoga – Gary (A)</p>  | <p>3<br/>                     5am Tabata – Janelle (A)<br/>                     9:15am Muscle Pump - Tina (A)<br/>                     10:15am Pilates/Yoga Fusion – Wendy (A)</p> <p style="background-color: yellow; font-size: small;"><b>10:30AM Beginner Gym Orientation – Meet Tina in the fitness center to learn basic instruction of the equipment. (30min)</b></p> <p>4:30pm Total Body Blast – Erin (A)</p>          | <p>4<br/> <b>8:15am Pilates/Yoga Fusion – Sue (A)</b></p>   |
| 5  | <p>6<br/>                     5am Total Body Blast – Reneen (A)<br/>                     5:15am Jab Attack plus Abs – Ruth (B)<br/>                     9:30am Swing, Slam, Jump –Tina (A)<br/>                     11am Calm (gentle yoga and relaxation techniques) – Joni (A)<br/>                     5:30pm Cardio, Strength &amp; Abs - Lynn (A)(JM)<br/>                     6pm Tabata – Reneen (B) (JM)<br/>                     6:30pm Latin Dance Fusion – Tracey (A)<br/>                     7pm Yoga –Gary (B) (JM)</p>    | <p>7<br/>                     5am Tabata – Janelle (A)<br/>                     9:15am Body Chisel – Wendy (A)<br/>                     10am 15 minute abs – Wendy (A)<br/>                     10:45am LaBlast - Georgie (A)<br/>                     5:30pm Tabata – Mary (A) (JM)<br/>                     6:30pm SWING, SLAM, JUMP -Reneen (A) (JM)<br/>                     7pm Latin Dance Fusion – Tracey (A)</p>                              | <p>8<br/>                     5am Tabata – Reneen (A)<br/>                     9:15am PIYO &amp; Core –Wendy (A)<br/> <b>Format Change: 11am Forever Young - Mary (A)</b><br/>                     4:30pm Cardio, Strength &amp; Abs – Erin (A)<br/>                     5:30pm Power Step -Trish (A)<br/> <b>NEW TIME: 6pm Core De Force meets P90X– Kristie (B)</b></p>                             | <p>9<br/>                     5am Cardio &amp; Strength Circuit – Rennan A)<br/>                     9:15am Body Endurance - Sam (A)<br/>                     10:30am <i>Forever Young</i>- Mary (A)<br/> <b>NEW TIME 5:30pm Latin Dance Fusion -Gemma(A)</b><br/> <b>NEW TIME 6:15pm Tabata – Dianne (A) (JM)</b><br/>                     7pm Yoga – Gary (A)</p>   | <p>10<br/>                     5am Step – Janelle (A)<br/>                     9:15am –Tabata – Reneen (A)<br/>                     4:30pm Total Body Blast – Erin (A)</p>  | <p>11<br/> <b>8:15am Latin Dance Fusion – Ellen (A)</b></p>   |
| 12<br><b>NEW: 11:15am Pilates/ Yoga Fusion – Sue (A)</b> | <p>13<br/>                     5am Total Body Blast – Reneen (A)<br/>                     5:15am Jab Attack plus Abs – Amy (B)<br/>                     9:30am Beats! Plus Strength–Tina (A)<br/>                     11am Calm (gentle yoga and relaxation techniques) – Joni (A)<br/>                     5:30pm Tabata-Lynn (A)(JM)<br/>                     6pm Jab Attack – Reneen (B) (JM)<br/>                     6:30pm Latin Dance Fusion – Tracey (A)<br/>                     7pm Yoga –Gary (B) (JM)</p>                    | <p>14<br/>                     5am Cardio &amp; Strength– Janelle (A)<br/>                     9:15m Body Chisel – Wendy (A)<br/>                     10am 15 minute abs – Wendy (A)<br/>                     10:45am LaBlast - Georgie (A)<br/>                     5:30pm Cardio, Strength and Abs – Mary (A) (JM)<br/>                     6:30pm SWING, SLAM, JUMP -Tina (A)(JM)<br/>                     7pm Latin Dance Fusion – Tracey (A)</p> | <p>15<br/>                     5am Tabata - Reneen<br/>                     9:15am PIYO &amp; Core –Wendy (A)<br/>                     11am Move, Tone and Balance - Trudy(A)<br/>                     4:30pm Cardio, Strength &amp; Abs – Erin (A)<br/>                     5:30pm Tabata -Mary (A)<br/> <b>NEW TIME: 6pm Core De Force meets P90X– Kristie (B)</b></p>                              | <p>16<br/>                     5am Cardio &amp; Strength Circuit – Reneen (A)<br/>                     9:15am Body Endurance - Sam (A)<br/>                     10:30am <i>Forever Young</i>- Mary (A)<br/> <b>NEW TIME 5:30pm Latin Dance Fusion -Gemma(A)</b><br/> <b>NEW TIME 6:15pm Tabata – Reneen(A) (JM)</b><br/>                     7pm Yoga – Gary (A)</p>  | <p>17<br/>                     5am Tabata– Janelle (A)<br/>                     9:15am Triple Strength Sets - Tina (A)<br/>                     10:15am Pilates/Yoga Fusion – Wendy (A)</p> <p style="background-color: yellow; font-size: small;"><b>10:30AM Beginner Gym Orientation – Meet Tina in the fitness center to learn basic instruction of the equipment. (30min)</b></p> <p>4:30pm Total Body Blast – Erin (A)</p> | <p>18</p>  <p style="text-align: center; font-size: small;">-----</p> <p style="text-align: center;"><b>Gymnastics end of year Showcase today! – expect high volumes of traffic in the parking lot. Congrats to our Gymnasts!</b></p> |
| 19<br><b>NEW: 11:15am Pilates/ Yoga Fusion – Sue (A)</b> | <p>20<br/>                     5am Total Body Blast- Reneen (A)<br/>                     5:15am Jab Attack plus Abs – Ruth (B)<br/>                     9:30am Gym Machine Circuit –Tina (A/FC)<br/>                     11am Calm (gentle yoga and relaxation techniques) – Joni (A)<br/>                     5:30pm Cardio, Strength &amp; Abs- Lynn (A)(JM)<br/>                     6pm Tabata – Dianne (B) (JM)<br/>                     6:30pm Latin Dance Fusion – Gemma (A)<br/>                     7pm Yoga –Gary (B) (JM)</p> | <p>21<br/>                     5am Tabata – Janelle (A)<br/>                     9:15am Body Chisel – Wendy (A)<br/>                     10am 15 minute abs – Wendy (A)<br/>                     10:45am LaBlast - Georgie (A)<br/>                     5:30pm Tabata – Mary (A) (JM)<br/>                     6:30pm SWING, SLAM, JUMP -Tina (A)(JM)<br/>                     7pm Latin Dance Fusion – Tracey (A)</p>                                | <p>22<br/>                     5am Tabata - Reneen<br/>                     9:15am PIYO &amp; Core –Wendy (A)<br/>                     11am Move, Tone and Balance - Trudy(A)<br/>                     4:30pm Cardio, Strength &amp; Abs – Erin (A)<br/>                     5:30pm Power Step -Trish (A)<br/> <b>NEW TIME: 6pm Core De Force meets P90X– Kristie (B)</b></p>                         | <p>23<br/>                     5am Cardio &amp; Strength Circuit – Reneen (A)<br/>                     9:15am Body Endurance - Sam (A)<br/>                     10:30am <i>Forever Young</i>- Mary (A)<br/> <b>NEW TIME 5:30pm Latin Dance Fusion -Gemma(A)</b><br/> <b>NEW TIME 6:15pm Tabata – Dianne (A) (JM)</b><br/>                     7pm Yoga – Gary (A)</p> | <p>24 <b>Step It Up Program Ends!</b><br/>                     5am Cardio &amp; Strength – Janelle (A)<br/>                     9:15am –Tabata plus Jog/Walk (A)<br/>                     10:15am Pilates/Yoga Fusion – Wendy (A)<br/>                     4:30pm Total Body Blast – Erin (A)</p>   | <p>25<br/> <b>8:15am Pilates/Yoga Fusion – Sue (A)</b><br/> <b>9:15am Latin Dance Fusion – Ellen (A)</b></p>  |
| 26   | <p>27</p>  <p style="background-color: yellow; font-size: small;"><b>Hours: 7am – 10am</b></p> <p><b>7:15am Indoor Cycling and 8:15am Pilates/Yoga Fusion – Sue (A)</b></p>   | <p>28<br/>                     5am Step – Janelle (A)<br/>                     9:15am Body Chisel – Wendy (A)<br/>                     10am 15 minute abs – Wendy (A)<br/>                     10:45am LaBlast - Georgie (A)<br/>                     5:30pm Cardio, Strength &amp; Abs – Mary (A) (JM)<br/>                     6:30pm SWING, SLAM, JUMP -Reneen (A) (JM)<br/>                     7pm Latin Dance Fusion – Tracey (A)</p>           | <p>29<br/>                     5am Tabata – Reneen<br/>                     9:15am PIYO &amp; Core –Wendy (A)<br/>                     11am Move, Tone and Balance - Trudy(A)<br/>                     4:30pm Cardio, Strength &amp; Abs – Erin (A)<br/>                     5:30pm Power Step -Trish (A)<br/> <b>NEW TIME: 6pm Core De Force meets P90X– Kristie (B)</b></p>                         | <p>30<br/>                     5am PUMP IT UP! - Ed (A)<br/>                     9:15am Body Endurance - Sam (A)<br/>                     10:30am <i>Forever Young</i>- Mary (A)<br/> <b>NEW TIME 5:15pm Latin Dance Fusion (A) Gemma (A)</b><br/> <b>NEW TIME 6:15pm Tabata – Dianne (A)(JM)</b><br/>                     7pm Yoga – Gary (A)</p>                    | <p>31<br/>                     5am Tabata – Janelle (A)<br/>                     9:15am – Tabata plus an outdoor walk/jog – Tina (A)<br/>                     10:15am Pilates/Yoga Fusion – Wendy (A)<br/>                     4:30pm Total Body Blast – Erin (A)</p>    |   |