



MEMORIAL DAY

GROUP FITNESS SCHEDULE

Time	Class	Instructor
7am-7:55am	Silver Sneakers	Joan
8am-8:55am	Tabata	Patti
9am-9:55am	BODYPUMP™	Joan
10am-10:55am	Total Conditioning	Patti

Please note, all other group fitness classes are cancelled for Monday, May 27.



A new group fitness schedule begins May 28!

*Pick up a copy at the Ackerman SFC front desk or
download a copy at www.AckermanSFC.com.*