



# MAY FITNESS SCHEDULE

• To book your workout:

<https://www.supersaas.com/schedule/Kids America/Kids America Workouts>

• [WWW.KIDSAMERICA.ORG](http://WWW.KIDSAMERICA.ORG)

740-622-6657



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 – 5:45AM	Interval Mash Up		Boxing/Kickboxing OR 8X8		Cycle Circuit	<u>MAY 7</u> 8:15AM Step	
6:30–7:15AM		Cycle Circuit Or cardio/strength circuit		Barre		<u>May 14</u> 8:15AM Step 9:15AM Mash Up	
7:45 & 8:45AM	Silver Sneakers		Silver Sneakers		Silver Sneakers	<u>May 21</u> 8:15AM Step 9:15AM Cardio Throwback	
10:00–11:00AM	Yoga					<u>May 28</u> 8:15AM Step 9:15AM Country Heat	
1:00 – 1:45PM							Start Strong
2:00 – 3:00PM	Silver Sneakers		Silver Sneakers		Silver Sneakers		
4:35–5:30PM	Cardio/Strength	Core De Force	Total Body Toning	Cycle Circuit			
5:45–6:30PM	MVHC	Cardio/Strength	MVHC	Bootcamp OR Boxing	MVHC		
6:45–7:45PM	Step		Yoga				

**CANCELLATION POLICY:** Please, CANCEL your workout at least 1 hour prior to start time. No shows are not acceptable.

If 0 signed up an hour before class - CANCELED. \*\*\*\*\* KIDS AMERICA IS CLOSED – MONDAY, MAY 30TH FOR MEMORIAL DAY\*\*\*\*\*

\*Schedules change for you AND your fitness instructors! *This schedule is a general guideline.* Please, use the web schedule for the most up-to-date schedule.