



PUNTA GORDA Y GROUP FITNESS & PROGRAM SCHEDULE

10169 Tamiami Trail, Punta Gorda, FL 33950
(next to Sweetbay) 941-505-4000

MAY

For Youth Development, For Healthy Living, For Social Responsibility

| *PLEASE NOTE: BAYFRONT CLASSES WILL BE IN PUNTA GORDA AS OF MAY 24 FOR THE SUMMER* | | | | | |
|--|---|---|--|---|--|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| FUNKY FREE STYLE Ethie 8:30/9:30 am | Intermediate YOGA Vibha 8:30/9:30 am | Beginner YOGA Vibha 8:30/9:30 am | Intermediate YOGA Vibha 8:30/9:30 am | ZUMBA Krysten 8:30/9/30 am | PILATES Jill 8:30/9:30 am |
| CHAIR YOGA Linda 9:45/10:45 am | "BAYFRONT" as of MAY 29 Cla. Pilates MITZI 9:00/10:00 | ZUMBA Krysten 9:45/10/45 am | "BAYFRONT" as of MAY 24 Cla. Pilates MITZI 9:00/10:00 | "BAYFRONT" as of May 25 Fitness Blend Linda 9:00/10:00am | |
| | "BAYFRONT" as of MAY 29 YOGA FLOW VIBHA 10:15/11:15 | **MAY 16 only** LINE DANCE BASICS w/Juanita 11:00/12:00 | "BAYFRONT" as of May 24 Chair Yoga Linda 10:15/11:15 | | |
| | AEROBIC SCULPT Cindy 9:45/10:45 am | SILVER SNEAKERS Cardio 12:30/1:30 pm | PARTY BRIDGE 12:00/3/00 pm call 575-0703 \$2.50 per class unless member | SILVER SNEAKERS Muscular Strength Regina 11:00/11:45 am | |
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| | MAH-JONGG 12:00/3/00 pm call 639-0273 \$2.50 per class unless member | | MAH-JONGG 12:00/3/00 pm call 639-0273 \$2.50 per class unless member | | |
| ZUMBA Krysten 5:00/6/00 pm | | | ZUMBA Krysten 5:00/6/00 pm | | |
| BELLY DANCE Juanita 6:00/7:00pm | PILATES Jill 6:15/7:15 pm | BELLY DANCE Juanita 6:00/7:00pm | PILATES Jill 6:15/7:15 pm | | |