









710 Fulton Street
 Tell City, IN 47586
 (812) 547-3565

EverBody's Fun and Fitness Center

www.everbodys.com

MAY CLASS SCHEDULE

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|---|---|---|-------------------------------------|---|---|------------------|
| 4:45 AM | | WAKE UP WORKOUT |  SPINNING ** | | WAKE UP WORKOUT | | |
| 5:30 AM | ** Spin & Praise (Free to Public) | | | **Spin & Praise (Free to Public) | | | |
| 7:30 AM | | | | | | Footprints | |
| 8:15 AM | | | | | Aqua Aerobics Holiday Inn | TOTAL BODY | |
| 9:00 AM | Cardio & Strength | YOGA | Resistance Training Circuit | Balance Pilates | YOGA |  ZUMBA fitness | Wallyball 6pm |
| 5:15 PM | | |  ZUMBA fitness | | <p>Upcoming Events</p> <p>Child Care (Kidz Klub) Monday-Thursday 5-7:30 PM Saturday 7:30-10:30 AM</p> <p>Special Olympics Track & Bocce Meet May 5th - 9:00 a.m. TCHS Track Volunteers Needed (report at 8:00 am)</p> <p>William Tell Elementary Triathlon May 12th - 9:00 a.m.</p> <p>Run For Your Mother May 13th - 8:00 a.m. Depot</p> <p>EverBody's Day at the Ballpark Great American Ballpark - Cincinnati Tickets on Sale Game day: June 30, 4 p.m. edt Brewers vs Reds</p> | | |
| 5:30 PM | BODY <i>Sculpting</i> | YOGA | Aqua Aerobics Holiday Inn | Barre | | | |
| | Aqua Aerobics Holiday Inn | | | | | | |
| 6:15 PM |  SPINNING ** |  SPINNING ** |  SPINNING ** | YOGA | | | |
| | Barre |  ZUMBA fitness | Pound** (Court 1) | | | | |
| | | | Boxing | | | | |
| 6:30 PM |  ZUMBA fitness (Schergen Center) | | | | | | |

**Reservations are required for Spinning & Pound classes