

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	Barre	WAKE UP WORKOUT	SPINNING **	Step	WAKE UP WORKOUT					
7:00 AM							SPINNING **			
7:30 AM						Footprints				
8:15 AM					Aqua Aerobics (HIE Pool)	TOTAL BODY				
9:00 AM	Cardio & Strength	YOGA	Resistance Training Circuit	Balance Pilates	YOGA	ZUMBA fitness	Wallyball 6pm			
5:30 PM	Aqua Aerobics (HIE pool)	YOGA	Aqua Aerobics (HIE Pool)	Barre	<p>Child Care (Kidz Klub) Monday-Thursday 5-7:30 PM Saturday 7:30-10:30 AM</p> <p>Run For Your Mother 5k May 12, 2019 - 8:00 a.m. Start & Finish - Depot (PC Visitor Center)</p> <p>Corporate Challenge Team Registration is now open Teams consist of 4-10 people Challenge begins June 4th</p> <p>Memorial Day Monday May 27th Office CLOSED NO CLASSES</p>					
	BODY Sculpting		ZUMBA fitness							
6:30 PM	SPINNING **	SPINNING **	SPINNING **							
	Barre	ZUMBA fitness								
	ZUMBA fitness (Schergen Center)									
** Reservations are required for Spinning										