

# May 2022— Coleman Fitness



Cynd Hartman  
Alicia Pena

Alsena Edwards  
Angelita Santiago

Jim Lewis  
Pamela Sulton

Pam Long  
Harry Williams

**Instructors**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10am Yoga w/Jim	2 10am Water Aerobics 4pm Circuit Training* 5:30pm Zumba-HW*	3 12pm Toning 4pm-Cardio Sculpt*	4 4pm Cardio & Core* 5:30pm Zumba-AS	5 11am Weigh it is 12pm Abs & tone 4pm Waist & Up* 5:30pm RDB-AE	6 4pm Soul Cycle @ Vanguard Gym	7 8:30am Pilates* -CH 9am 5K Walk* 10am Zumba* - HW
8 	9 10am Water Aerobics 4pm Circuit Training* 5:30pm Zumba-HW*	10 12pm Toning 4pm-Cardio Sculpt*	11 4pm Cardio & Core* 5:30pm Zumba-AS	12 11am Weigh it is 12pm Abs & tone 4pm Waist & Up* 5:30pm RDB-AE	13 4pm Soul Cycle @ Vanguard Gym	14 8:30am Pilates* -CH 9am 5K Walk* 10am Zumba* - HW
15 10am Yoga w/Jim	16 10am Water Aerobics 4pm Circuit Training* 5:30pm Zumba-HW*	17 12pm Toning 4pm-Cardio Sculpt*	18 4pm Cardio & Core* 5:30pm Zumba-AS	19 11am Weigh it is 12pm Abs & tone 4pm Waist & Up* 5:30pm RDB-AE	20 4pm Soul Cycle @ Vanguard Gym	21 8:30am Pilates* -CH 9am 5K Walk* 10am Zumba* - HW
22 10am Yoga w/Jim	23 10am Water Aerobics 4pm Circuit Training* 5:30pm Zumba-HW*	24 12pm Toning 4pm-Cardio Sculpt*	25 4pm Cardio & Core* 5:30pm Zumba-AS	26 11am Weigh it is 12pm Abs & tone 4pm Waist & Up* 5:30pm RDB-AE	27 4pm Soul Cycle @ Vanguard Gym	28 8:30am Pilates* -CH 9am 5K Walk* 10am Zumba* - HW
29 10am Yoga w/Jim	30 	31 12pm Toning 4pm-Cardio Sculpt*		<b>\$15 monthly, includes In-person &amp; Virtual classes.</b> <b>ASTERISK means class is In-Person &amp; Virtual</b>		