

# May 2018



May 2<sup>nd</sup>  
8:00-10:00am



## Blood Pressure Screening

Sponsored by Ingalls Hospital, **FREE** Blood Pressure Screening in the Bettenhausen Coffee Room.

May 5<sup>th</sup>  
12:30-2pm



## Cinco de Mayo Zumbathon\*

Celebrate Cinco de Mayo with a little extra Zumba! Salsa, Merengue and Bachata to some fun Latin tunes among your favorite friends and instructors. Fun and games and raffle prizes too! Sign up at the Fitness Desk. Limit 40. Fees apply.

May 7-25  
Mondays & Fridays  
5:35-6:35am



## Body Blast Boot Camp\*

Join Natalie for this exciting class of intense, fast-paced cardio and strength that produces maximum benefits while burning maximum calories all before 7am! Plyometrics, athletic sports drills and resistance and cardio training are combined to create muscle confusion so you never plateau. Fees apply. Sign up at the desk.

May 7,9,14&16  
10am



## SR Fit Group Training\*

Join Personal Trainer, Tracy Carlson for this small-group training focusing on fall prevention, flexibility & balance, strength circuits and much more! Maximum 4 people per group. Sign up at the desk for this 5-week program. Fees apply.

May 10 - 13



## AEROBIC STUDIO CLOSED

Pardon our dust while our maintenance continues. The Aerobic Studio will be **CLOSED** and there will be **NO GROUP FITNESS CLASSES** while the studio floors are refinished. Join us on Monday, May 14<sup>th</sup> when the room reopens and Gina hosts Zumba at 9am.

May 13<sup>th</sup>  
10am



## Mother's Day Aqua Aerobics

Join Janet in the pool for a splashing good time. Celebrate you, your mom or any woman in your life that makes you feel extra special. Men welcome too! No sign up necessary. This class replaces Aqua Zumba on the regular Group Fitness Schedule.

May 24<sup>th</sup>



## Water Works...

Stop by the Fitness Desk and hydrate with some ice cold H2O. Find out what the health benefits are from the holiday inspired flavor of the day!

May 28<sup>th</sup>



## Memorial Day

Tinley Fitness will be **CLOSED** on Memorial Day.