

MAY 2023

PLANTATION KEY FITNESS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8:00am Strength & Flex (Beach) 9:00am Beach Yoga 10:30am Chair Yoga Dance (Amphitheater)	2 8:00am Beach Body BLAST 9:00am Gentle Beach Yoga 10:30am Zumba (Community Room)	3 8:00am Strength & Flex (Beach) 9:00am Beach Yoga 10:30am Chair Yoga Dance (Amphitheater)	4 8:00am Beach Body BLAST 9:00am Gentle Beach Yoga 10:30am Zumba (Community Room)	5 9:00am Beach Yoga 10:30am Chair Yoga Dance (Amphitheater)	6 10:30am Stand Up Paddleboard (SUP) Yoga* *Must Reserve in Advance
7 10:30am Stand Up Paddleboard (SUP) Yoga* *Must Reserve in Advance	8 8:00am Strength & Flex (Beach) 9:00am Beach Yoga 10:30am Chair Yoga Dance (Amphitheater)	9 8:00am Beach Body BLAST 9:00am Gentle Beach Yoga 10:30am Zumba (Community Room)	10 8:00am Strength & Flex (Beach) 9:00am Beach Yoga 10:30am Chair Yoga Dance (Amphitheater)	11 8:00am Beach Body BLAST 9:00am Gentle Beach Yoga 10:30am Zumba (Community Room)	12 9:00am Beach Yoga 10:30am Chair Yoga Dance (Amphitheater)	13 10:30am Stand Up Paddleboard (SUP) Yoga* *Must Reserve in Advance
14 10:30am Stand Up Paddleboard (SUP) Yoga* *Must Reserve in Advance	15 8:00am Strength & Flex (Beach) 9:00am Beach Yoga 10:30am Chair Yoga Dance (Amphitheater)	16 8:00am Beach Body BLAST 9:00am Gentle Beach Yoga 10:30am Zumba (Community Room)	17 8:00am Strength & Flex (Beach) 9:00am Beach Yoga 10:30am Chair Yoga Dance (Amphitheater)	18 NO CLASSES	19 NO CLASSES	20 NO CLASSES
21 NO CLASSES	22 NO CLASSES	23 8:00am Beach Body BLAST 9:00am Gentle Beach Yoga 10:30am Zumba (Community Room)	24 NO CLASSES	25 NO CLASSES	26 9:00am Beach Yoga 10:30am Chair Yoga Dance (Amphitheater)	27 NO CLASSES
28 NO CLASSES	29 NO CLASSES	30 8:00am Beach Body BLAST 9:00am Gentle Beach Yoga 10:30am Zumba (Community Room)	31 NO CLASSES			