



## May 2021 Ridge Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b>
<b>2</b>	<b>3</b> HIIT 5:30PM Stephanie	<b>4</b> Zumba 5:30PM Vickie Yoga 6:30PM <b>Savannah</b>	<b>5</b>	<b>6</b> HIIT 5:30PM Stephanie Yoga 6:30PM <b>Savannah</b>	<b>7</b> <b>No ATC</b>	<b>8</b>
<b>9</b>	<b>10</b> HIIT 5:30PM Stephanie	<b>11</b> Zumba 5:30PM Vickie Yoga 6:30PM Denise	<b>12</b>	<b>13</b> HIIT 5:30PM Stephanie Yoga 6:30PM Denise	<b>14</b> Adaptive Tai Chi 9AM Denise	<b>15</b>
<b>16</b>	<b>17</b> HIIT 5:30PM Stephanie	<b>18</b> Zumba 5:30PM Vickie Yoga 6:30PM Denise	<b>19</b>	<b>20</b> HIIT 5:30PM Stephanie Yoga 6:30PM Denise	<b>21</b> Adaptive Tai Chi 9AM Denise	<b>22</b>
<b>23</b>	<b>24</b> HIIT 5:30PM Stephanie	<b>25</b> Zumba 5:30PM Vickie Yoga 6:30PM Denise	<b>26</b>	<b>27</b> HIIT 5:30PM Stephanie Yoga 6:30PM Denise	<b>28</b> Adaptive Tai Chi 9AM Denise	<b>29</b>
<b>30</b>	<b>31</b> <b>Memorial Day</b> Office Closed No Classes	<b>Notes: Savannah is subbing for Denise May 4<sup>th</sup> and 6<sup>th</sup></b> <b>No ATC on Fri. May 7<sup>th</sup></b> <b>The office is closed and no classes on Monday May 31<sup>st</sup> for Memorial Day</b> <b>Vickie's Zumba is moving to Tuesdays</b>				