














# MAY 2019

SUN	MON	TUE	WED	THUR	FRI	SAT
<p><b>Members can bring a free guest to any of the CLASS PROMOS this month. Guest must be ages 13 and up with a local ID. Ages 13-17 must have a parent/guardian</b></p>			<p>1</p> <p>BAC Gear 20% OFF</p>	<p>2</p> <p><b>Class Promo:</b> ZUMBA w/Jamie</p> 	<p>3</p> 	<p>4</p> <p>Arbonne Table 9-11am</p>
<p>5</p> <p><b>Class Promo:</b> Group Power w/Beth Scottsville Road @ 2 pm</p>	<p>6</p> 	<p>7</p> <p>Fuel Nutrition Table 4-6 pm</p>	<p>8</p>  <p><b>Class Promo:</b> BOUNCE w/Betsy</p>	<p>9</p>  <p><b>Class Promo:</b> CGAP w/Steve Scottsville Road @ 10 am</p>	<p>10</p> <p><b>Class Promo:</b> ZUMBA w/Sabrina Scottsville Road @ 5:45 pm</p>	<p>11</p> <p>Movement Mentality Workshop 9-11am</p>
<p>12</p> <p>Happy Mother's Day: Bring your mom to workout for free</p>	<p>13</p> <p><b>Class Promo:</b> POUND w/Hannah Women's Classroom @ 5:30 pm</p> <p>BAC Gear 20% OFF</p>	<p>14</p> 	<p>15</p>  <p><b>Class Promo:</b> TOTAL BODY CIRCUIT w/Tammy Women's Classroom @ 9 am</p>	<p>16</p> <p><b>Class Promo:</b> 30 MINUTE CHALLENGE w/Betsy Scottsville Road @ Noon</p>	<p>17</p> <p><b>Class Promo:</b> MOVEMENT MENTALITY w/Justin Scottsville Road @ 5:45 pm</p>	<p>18</p> <p><b>Class Promo:</b> POUND w/Megan Women's Classroom @ 9 am</p> <p>KORT Table (KY Orthopedic Rehab Team) 9-11am</p>
<p>19</p> <p><b>Class Promo:</b> ZUMBA w/SHELLY Women's Classroom @ 2 pm</p>	<p>20</p> <p><b>Class Promo:</b> 30 MINUTE SPIN w/Betsy Scottsville Road @ Noon</p>	<p>21</p>  <p><b>Class Promo:</b> CARDIO KICK w/Carla Women's Classroom @ 5:30 pm</p>	<p>22</p> 	<p>23</p> <p><b>Class Promo:</b> YOGA w/Jen Scottsville Road @ 4:30 pm</p>	<p>24</p> 	<p>25</p>  <p>Help us support Stuff the Bus at the Hot Rods Game @ 6:35 pm</p>
<p>26</p> 	<p>27</p> <p>Memorial Day: No Classes No Child Care Scotts. Road: 5 am- 3pm South: Closed</p>	<p>28</p> <p><b>Class Promo:</b> ZUMBA w/Tiffany South @ 5:45 pm</p> <p>Arbonne Table 4-6 pm</p>	<p>29</p> 	<p>30</p> <p><b>Class Promo:</b> DANCE FIT w/TRACEY Scottsville Road @ 5:45 pm</p>	<p>31</p> <p>BAC Gear 20% OFF</p>	
			