





MAY 2017



15 healthy snacks

Select 1-2 snacks each day

 6 oz. Greek yogurt + ½ cup berries	 ½ cup pumpkin seeds (in shell)	 Apple + 1 tbsp. nut butter	 String cheese + orange	 ½ cup sunflower seeds (in shell)
 Skim latte (skip sugar) + banana	 ¼ cup hummus + veggies	 Celery sticks + 2 tbsp. nut butter	 4 cups light popcorn	 ¼ cup (about a handful) nuts
 ½ cup of pistachios in shell	 3 oz. turkey rolled around bell pepper sticks	 1 cup steamed edamame in pod	 Small frozen yogurt	 2 rice cakes + 1 tbsp. nut butter

Summer is awesome!

Happy Birthday!!!!!!

Danyel Simmons-May 3rd
Mona Doshier-May 6th
Carol Guillory-May 6th

Cancelled Classes/No Basketball:

Zydeco Aerobics, Tuesday May 2, 2017
Body Sculpting, May 4, 2017
NO Free Play Basketball May 5, 2017
Sit-N-Fit Thursday May 11, 2017
Line Dance, Thursday, May 11,, 2017



Saturday, May 6, 2017
11:00a-2:00p

DIABETES Awareness Workshop
Thursday, May 11, 2017
9:00a.m.



Golf Camp
June 12th-14thj
Power Centre
8:00a-10:00a

Boys Basketball Camp
June 12th-15th
Pryce/Miller
8:00s-12:00noon
\$25.00

Girls Basketball Camp
June 19th-20th
1:00p-3:00p
\$25.00

Volleyball Camp
July 10th -12th
9:00a-11:00a
\$25.00

Tennis Camp
3 Sessions-8:00a-10:00a
Power Centre July 10th-12th
Huber Park July 17th-19th
University July 24th-26th

Fishing & Casting
Free
July 15, 2017

Swimming Lessons:
University Pool
&
Second Avenue Pool
\$1.00/person/session
Ages 5-17

MONDAY
8:00-Yoga
9:00-Senior Spin
9:00-Line Dance
4:00-Ballroom 4 Kids
5:00-Spinners 101
5:45-P/T-30
6:30-Pilates

TUESDAY
8:00-Yoga
9:00-Get Low
12:15-Express Spin
5:00-Spinners 101
5:30-Zydeco

WEDNESDAY
8:00-Yoga
8:30-Zumba Gold
9:00-Senior Spin
12:15-Express Spin
5:00-Spinners 101
5:00-Xtreme Hip-Hop Cardio
6:30-Zumba

THURSDAY
5:15-Earlybird Spin
8:00-Beanbag Baseball
9:00-Sit-N-Fit
9:00 Line Dance
5:00-Spinners 101
5:30-Body Sculpt

FRIDAY
5:15-Earlybird Spin
8:00-Beanbag Baseball
9:00-Get Low

