



May 2018

| Sun. | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. |
|-----------|--|--|---|--|-----------|--|
| | | 1 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm - 8:00 pm | 2 Body Sculpt 11:30 am - 12:30 pm | 3 Stretch Class 10:30 am - 11:45 am Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm - 8:00 pm | 4 | 5 Family Dog Training 9:00 am - 10:00 am |
| 6 | 7 Body Sculpt 11:30 am - 12:30 pm Namaste Yoga 5:30 pm - 6:30 pm | 8 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm - 8:00 pm | 9 Balance Class 10:00 am - 11:00 am Body Sculpt 11:30 am - 12:30 pm | 10 Stretch Class 10:30 am - 11:45 am Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm - 8:00 pm | 11 | 12 Family Dog Training 9:00 am - 10:00 am |
| 13 | 14 Body Sculpt 11:30 am - 12:30 pm Namaste Yoga 5:30 pm - 6:30 pm | 15 Adult Tae Kwon Do 7:00 pm - 8:00 pm | 16 Balance Class 10:00 am - 11:00 am Body Sculpt 11:30 am - 12:30 pm | 17 Stretch Class 10:30 am - 11:45 am Adult Tae Kwon Do 7:00 pm - 8:00 pm | 18 | 19 Family Dog Training 9:00 am - 10:00 am |
| 20 | 21 Body Sculpt 11:30 am - 12:30 pm Namaste Yoga 5:30 pm - 6:30 pm | 22 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm - 8:00 pm | 23 Balance Class 10:00 am - 11:00 am Body Sculpt 11:30 am - 12:30 pm | 24 Stretch Class 10:30 am - 11:45 am Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm - 8:00 pm | 25 | 26 Family Dog Training 9:00 am - 10:00 am |
| 27 | 28 City Offices CLOSED Body Sculpt 11:30 am - 12:30 pm | 29 Insanity Live 12:00 pm - 1:00 pm | 30 Balance Class 10:00 am - 11:00 am Body Sculpt 11:30 am - 12:30 pm | 31 Insanity Live 12:00 pm - 1:00 pm | | |

notes

For Questions Call 719-687-5225

Visit Our Website: www.city-woodlandpark.org/parks-and-recreation

Come see us, Monday - Friday, 8am - 5pm located next to City Hall, 204 W. South Ave.