

MAY 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|--|--|--|
|  <p>Locally Owned & Operated</p> <p>Storm Zone ATHLETIC CENTER</p> <p>• 24/7 Fitness Center • Group Classes • Martial Arts</p> <p>319-521-0793</p> <p>4202 Lewis Access Rd • Center Point</p> | | 1 AM 5-5:30 Storm Bootcamp (Cardio Kick-Boxing-Step) 5:30-6 Power Pump-Step 9-9:45 YogaFit Seniors PM 6:15-7:15 TaeKwonDo* | 2 AM 5-5:30 Storm Bootcamp (Strength Training-Steph) 5:30-6 WERQ-Sammi 8:45-9:30 Barre-Trudie PM 6-6:35 Power Pump-Carrie 6:45-7:30 WERQ-Sammi | 3 AM 5-5:30 Storm Bootcamp (Cardio HIIT-Kim) 5:30-6 Yoga Flow-Kim PM 5:15-5:45 Little Kickers* (TaeKwonDo - ages 3-7) 5:45-7:10 TaeKwonDo* 7:15-8:30 Yoga - Kim | 4 AM 5-5:30 Storm Bootcamp (Strength&Cardio-Carrie) 5:30-6 WERQ-Sammi 8:30-9:30 Barre-Trudie | 5 AM 7-7:45 WERQ-Sammi 2018 Kim & Lee's* Martial Arts Hanmadang Tournament |
| | 6 | 7 AM 5-5:30 Storm Bootcamp (Strength Training-Carrie) 5:30-6 Step Interval-Carrie PM 5:15-5:45 Little Kickers* (TaeKwonDo - ages 3-7) 5:45-7:10 TaeKwonDo* 7:15-8:30 Yoga - Kim | 8 AM 5-5:30 Storm Bootcamp (Cardio Kick-Boxing-Steph) 5:30-6 Power Pump-Steph 9-9:45 YogaFit Seniors PM 5-6 Barre-Trudie 6:15-7:15 TaeKwonDo* | 9 AM 5-5:30 Storm Bootcamp (Strength Training-Steph) 5:30-6 WERQ-Sammi PM 6-6:35 Power Pump-Carrie 6:45-7:30 WERQ-Sammi | 10 AM 5-5:30 Storm Bootcamp (Cardio HIIT-Kim) 5:30-6 Yoga Flow-Kim 9-9:30 YogaFit Seniors PM 5:15-5:45 Little Kickers* (TaeKwonDo - ages 3-7) 5:45-7:10 TaeKwonDo* 7:15-8:30 Yoga - Kim | 11 AM 5-5:30 Storm Bootcamp (Strength&Cardio-Carrie) 5:30-6 WERQ-Sammi 8:30-9:30 Barre-Trudie |
| 13 | 14 AM 5-5:30 Storm Bootcamp (Strength Training-Carrie) 5:30-6 Step Interval-Carrie PM 5:15-5:45 Little Kickers* (TaeKwonDo - ages 3-7) 5:45-7:10 TaeKwonDo* 7:15-8:30 Yoga - Kim | 15 AM 5-5:30 Storm Bootcamp (Cardio Kick-Boxing-Steph) 5:30-6 Power Pump-Steph 9-9:45 YogaFit Seniors PM 5-6 Barre-Trudie 6:15-7:15 TaeKwonDo* | 16 AM 5-5:30 Storm Bootcamp (Strength Training-Steph) 5:30-6 WERQ-Sammi 8:45-9:30 Barre-Trudie PM 6-6:35 Power Pump-Carrie 6:45-7:30 WERQ-Sammi | 17 AM 5-5:30 Storm Bootcamp (Cardio HIIT-Kim) 5:30-6 Yoga Flow-Kim 9-9:30 YogaFit Seniors PM 5:15-5:45 Little Kickers* (TaeKwonDo - ages 3-7) 5:45-7:10 TaeKwonDo* 7:15-8:30 Yoga - Kim | 18 AM 5-5:30 Storm Bootcamp (Strength&Cardio-Carrie) 5:30-6 WERQ-Sammi 8:30-9:30 Barre-Trudie | 19 AM 7-7:45 WERQ-Sammi |
| 20 | 21 AM 5-5:30 Storm Bootcamp (Strength Training-Carrie) 5:30-6 Step Interval-Carrie PM 5:15-5:45 Little Kickers* (TaeKwonDo - ages 3-7) 5:45-7:10 TaeKwonDo* 7:15-8:30 Yoga - Kim | 22 AM 5-5:30 Storm Bootcamp (Cardio Kick-Boxing-Steph) 5:30-6 Power Pump-Steph 9-9:45 YogaFit Seniors PM 5-6 Barre-Trudie 6:15-7:15 TaeKwonDo* | 23 AM 5-5:30 Storm Bootcamp (Strength Training-Steph) 5:30-6 WERQ-Sammi 8:45-9:30 Barre-Trudie PM 6-6:35 Power Pump-Carrie 6:45-7:30 WERQ-Sammi | 24 AM 5-5:30 Storm Bootcamp (Cardio HIIT-Kim) 5:30-6 Yoga Flow-Kim 9-9:30 YogaFit Seniors PM 5:15-5:45 Little Kickers* (TaeKwonDo - ages 3-7) 5:45-7:10 TaeKwonDo* 7:15-8:30 Yoga - Kim | 25 AM 5-5:30 Storm Bootcamp (Strength&Cardio-Carrie) 5:30-6 WERQ-Sammi 8:30-9:30 Barre-Trudie | 26 AM 7-7:45 WERQ-Sammi |
| 27 | 28  | 29 AM 5-5:30 Storm Bootcamp (Cardio Kick-Boxing-Steph) 5:30-6 Power Pump-Steph 9-9:45 YogaFit Seniors PM 5-6 Barre-Trudie 6:15-7:15 TaeKwonDo* | 30 AM 5-5:30 Storm Bootcamp (Strength Training-Steph) 5:30-6 WERQ-Sammi 8:45-9:30 Barre-Trudie PM 6-6:35 Power Pump-Carrie 6:45-7:30 WERQ-Sammi | 31 AM 5-5:30 Storm Bootcamp (Cardio HIIT-Kim) 5:30-6 Yoga Flow-Kim 9-9:30 YogaFit Seniors PM 5:15-5:45 Little Kickers* (TaeKwonDo - ages 3-7) 5:45-7:10 TaeKwonDo* 7:15-8:30 Yoga - Kim |  Exercise & Healthy Aging Program |  SilverSneakers |
| | | | | |  A+ Rating BBB Better Business Bureau | |