




# K-Town Shakedown

Find Your Strong

## May 2021

Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
						1 9am-Zumba Strong 10:15-Zumba
2 Studio Closed	3 5:30am-Inst. Choice 9am-TBC Fit Girl  5:45pm-Buti Yoga 7:15pm-Pound	4 9am-Gentle Yoga  5:15pm-Walk15 6:15pm-TBC Fit Girl 7:15pm-Cardio Groove	5 5:30am-Inst. Choice 9am-TBC Fit Girl  5:30pm-Sculpt 6:30pm-Seamless Study	6 9am-Fit Girl  5:15pm-Walk15 6:15pm-TBC Fit Girl 7:15pm-Spin	7 8am-Spin 9am - Yoga	8 9am-Zumba Strong 10:15-Zumba
9 4pm-Fit Girl 5:15pm-Gentle Yoga  HAPPY <i>Mothers</i> DAY	10 5:30am-Inst. Choice 9am-TBC Fit Girl  5:45pm-Buti Yoga 7:15pm-Pound	11 9am-Gentle Yoga  5:15pm-Walk15 6:15pm-TBC Fit Girl 7:15pm-Cardio Groove	12 5:30am-Inst. Choice 9am-TBC Fit Girl  5:30pm-Sculpt 6:30- Seamless Study	13 9am-Fit Girl  5:15pm-Walk15 6:15pm-TBC Fit Girl 7:15pm-Spin	14 8am-Spin 9am - Yoga	15 Studio Closed Graduation Reception 
16 Studio Closed Graduation Reception 	17 5:30am-Inst. Choice 9am-TBC Fit Girl  5:45pm-Buti Yoga 7:15pm-Pound	18 9am-Gentle Yoga  5:15pm-Walk15 6:15pm-TBC Fit Girl 7:15pm-Cardio Groove	19 5:30am-Inst. Choice 9am-TBC Fit Girl  5:30pm-Sculpt 6:30-Seamless Study	20 9am-Fit Girl  5:15pm-Walk15 6:15pm-TBC Fit Girl 7:15pm-Spin	21 8am-Spin 9am - Yoga	22 9am-Zumba Strong 10:15-Zumba
23/30 4pm-Fit Girl 5:15pm-Gentle Yoga	24/31 5:30am-Inst. Choice 9am-TBC Fit Girl  5:45pm-Buti Yoga 7:15pm-Pound   Studio Closed	25 9am-Gentle Yoga  5:15pm-Walk15 6:15pm-TBC Fit Girl 7:15pm-Cardio Groove	26 5:30am-Inst. Choice 9am-TBC Fit Girl  5:30pm-Sculpt	27 9am-Fit Girl  5:15pm-Walk15 6:15pm-TBC Fit Girl 7:15pm-Spin	28 8am-Spin 9am - Yoga	29 9am-Zumba Strong 10:15-Zumba

Elaine Mefferd  
2003 Central Ave.  
Kearney, NE 68847  
(308) 830-1690

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[ktownshakedown.com](http://ktownshakedown.com)  
[ktown.shakedown@gmail.com](mailto:ktown.shakedown@gmail.com)