

# Community Events:



# May 2019

Southshore  
27151 East Lakeview Drive  
Aurora, CO 80016  
720-870-2221

**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## KIDS NIGHT OUT

Drop the kiddos off from 6-10pm for a night of fun and food to take advantage of the free adult time. Ages: Potty trained to 10 years old.  
\$15 for the first child  
\$10 for each additional child  
Please register by the previous Wednesday.

**May 3rd Theme: Frog Prince  
Movie: Princess and the Frog**

**May 17th Theme: You've got a friend in me  
Movie: Toy Story**

## CHILD WATCH:

Child watch is only offered during fitness classes. Please call or email at least 2 business days in advance (not including weekends and holidays) to sign your child up.  
720.870.2221  
southshore@denverymca.org

## CUB CLUB

Cub Club is the third Thursday of each month and is offered to kids ages 3-10. Register at the event or at the Southlands Management Office.

## Fitness Instructors:

**Beginner Yoga—Stacie**

**Yoga—Sydney**

**Strength Conditioning, Aqua Fitness & Pilates—Melinda**

**Hiit and Body Lab—Stacie**

**Nia—Cindy**

**Zumba—Mindy O'Brien**

**Cardio Sculpt—Katie**

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
			1 Hiit 9:15am-10:15am Pilates 9:30am-10:30am Body Lab(gym) 430-530pm	2 Body Lab 9:15am-10:15am Strength Conditioning 10:15am-11:15am Body Lab 6-7pm	3 Hiit 9:15am-10:15am <b>*Kids Night Out 6-10pm at the Lakehouse</b>	4 Nia 9-10am
5	6 Yoga 930-10:30am Pilates 930-1030am Beginner Yoga 4:30-5:30pm Zumba 730-830pm	7 Body Labs 9:15 am-10:15 am Strength & Conditioning 10:15am-11:15am Hiit 430-530 pm Cardio Sculpt 6-7pm Yoga 6-7pm	8 Hiit 9:15am-10:15am Pilates 9:30am-10:30am Body Lab(gym) 430-530pm	9 Body Lab 9:15am-10:15am Strength Conditioning 10:15am-11:15am Body Lab 6-7pm Wine down Thursday 6-8pm	10 Hiit 9:15am-10:15am	11 Nia 9-10 am Spring Community Clean Up 9am-12pm
12	13 Yoga 9:30-10:30am Pilates 930-1030am Beginner Yoga 4:30-5:30 Zumba 730-830pm	14 Body Labs 9:15 am-10:15 am Strength & Conditioning 10:15am-11:15am Hiit 430-530 pm Cardio Sculpt 6-7pm Yoga 6-7pm	15 Hiit 9:15am-10:15am Pilates 9:30am-10:30am Body Lab(gym) 430-530pm	16 Body Lab 9:15am-10:15am Strength Conditioning 10:15am-11:15am Body Lab 6-7pm	17 Hiit 9:15am-10:15am <b>*Kids Night Out 6-10pm at the Lakehouse</b>	18 Nia 9-10 am
19	20 Yoga 9:30-10:30am Pilates 930-1030am Beginner Yoga 4:30-5:30pm Zumba 730-830pm	21 Body Labs 9:15 am-10:15 am Strength & Conditioning 10:15am-11:15am Hiit 430-530 pm Cardio Sculpt 6-7pm Yoga 6-7pm	22 Hiit 9:15am-10:15am Pilates 9:30am-10:30am Body Lab (gym) 430-530pm	23 Body Lab 9:15am-10:15am Strength Conditioning 10:15am-11:15am Body Lab 6-7pm	24 Hiit 9:15am-10:15am	25 Nia 9-10 am Coffee Social 10am-noon Opening day of the Pool 10am-8pm
26	27 Aqua Fitness 745am-845am Memorial Day Office Closed	28 Body Labs 9:15 am-10:15 am Strength & Conditioning 10:15am-11:15am Hiit 430-530 pm Cardio Sculpt 6-7pm Yoga 6-7pm	29 Hiit 9:15am-10:15am Pilates 9:30am-10:30am Body Lab (gym) 430-530pm	30 Body Lab 9:15am-10:15am Strength Conditioning 10:15am-11:15am Body Lab 6-7pm	31 Hiit 9:15am-10:15am	