

May Month-At-A-Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Save the Date!				1	2	3
• June 28	3 th : Sunglasses Race! @9:00AM			1:00 Boxing (Basic) 1:45 Stretching 2:15 Boxing (Adv.)	10:00 Education Hour TBD 11:00 PWR! Hour (Basic) 11:00 Balance Blast (Adv.) 11:00 F45	
4	5 Cinco de Mayo!	6	7	8	9	10
	11:00 Movement w/ Music (Adv.) & Cardio (Basic) 11:30 Aquatics		11:00 Nordic Walking 11:30 Bal-A-Vis-X (Adv.)		10:00 Empowerment Group (PwP) & (CG)	
	12:00 Movement w/ Music (Basic) & Cardio (Adv.)		11:30 Aquatics		11:00 PWR! Hour (Basic)	
	12:00 Stretch & Flex (Basic)		11:45 Yoga	1:00 Boxing (Basic)	11:00 Balance Blast (Adv.)	
	12:15 Cybex		12:15 Bal-Vis (Basic)	1:45 Stretching	11:00 F45	
	1:00 WellREP [141 & 143] Boxing 2:00 Ready! Steady! Write! Stretch & Flex (Adv.)		1:00 WellREP [141 & 145] F45 2:00 Smart Speech	2:15 Boxing (Adv.)		
11 Mothers Day!	12	13	14	15	16	17
	11:00 Movement w/ Music (Adv.) & Cardio (Basic)		11:00 Nordic Walking		10:00 Empowerment Group	
	11:30 Aquatics		11:30 Bal-A-Vis-X (Adv.)		(PwP) & (CG)	
	12:00 Movement w/ Music (Basic) & Cardio (Adv.) 12:00 Stretch & Flex (Basic)		11:30 Aquatics 11:45 Yoga		11:00 PWR! Hour (Basic) 11:00 Balance Blast (Adv.)	
	12:15 Cybex		12:15 Bal-Vis (Basic)	1:00 Boxing (Basic) 1:45 Stretching	11:00 F45	
	1:00 WellREP [141 & 143] Boxing		1:00 WellREP [141 & 145] F45	2:15 Boxing (Adv.)		
	2:00 Ready! Steady! Write! Stretch & Flex (Adv.)		2:00 Smart Speech			
18	19 11:00 Movement w/ Music (Adv.) & Cordia (Resic)	20	21	22	23	24
	11:00 Movement w/ Music (Adv.) & Cardio (Basic) 11:30 Aquatics		11:00 Nordic Walking 11:30 Bal-A-Vis-X (Adv.)		10:00 Empowerment Group (PwP) & (CG)	
	12:00 Movement w/ Music (Basic) & Cardio (Adv.)		11:30 Aquatics		11:00 PWR! Hour (Basic)	
	12:00 Stretch & Flex (Basic)		11:45 Yoga	1:00 Boxing (Basic)	11:00 Balance Blast (Adv.)	
	12:15 Cybex 1:00 WellREP [141 & 143] Boxing		12:15 Bal-Vis (Basic) 1:00 WellREP [141 & 145] F45	1:45 Stretching	11:00 F45 12:30 Final/Celebration Friday!	
	2:00 Ready! Steady! Write! Stretch & Flex (Adv.)		2:00 Smart Speech	2:15 Boxing (Adv.)		
25	26 Memorial Day	27	28	29	30 Heskett Closed	31
			11:00 Nordic Walking			
	HESKETT CLOSED		11:30 Bal-A-Vis-X (Adv.) 11:30 Aquatics			
			11:45 Yoga	1:00 Boxing (Basic)		
	NO CLASSES	6:00 Evening	12:15 Bal-Vis (Basic)	1:45 Stretching	NO CLASSES	
		Empowerment	1:00 WellREP [141 & 145] F45	2:15 Boxing (Adv.)		
I			2:00 Smart Speech			

Next Month – June 6th | 10:00 Education Hour | 143 Topic: Sex, Intimacy and Parkinson's Disease | Speaker: Dr. Cameron Jeter