


May Month-At-A-Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Save the Date! <ul style="list-style-type: none"> June 28th: Sunglasses Race! @9:00AM 				1 1:00 Boxing (Basic) 1:45 Stretching 2:15 Boxing (Adv.)	2 10:00 Education Hour TBD 11:00 PWR! Hour (Basic) 11:00 Balance Blast (Adv.) 11:00 F45	3
4	5 Cinco de Mayo! 11:00 Movement w/ Music (Adv.) & Cardio (Basic) 11:30 Aquatics 12:00 Movement w/ Music (Basic) & Cardio (Adv.) 12:00 Stretch & Flex (Basic) 12:15 Cybex 1:00 WellREP [141 & 143] Boxing 2:00 Ready! Steady! Write! Stretch & Flex (Adv.)	6	7 11:00 Nordic Walking 11:30 Bal-A-Vis-X (Adv.) 11:30 Aquatics 11:45 Yoga 12:15 Bal-Vis (Basic) 1:00 WellREP [141 & 145] F45 2:00 Smart Speech	8 1:00 Boxing (Basic) 1:45 Stretching 2:15 Boxing (Adv.)	9 10:00 Empowerment Group (PwP) & (CG) 11:00 PWR! Hour (Basic) 11:00 Balance Blast (Adv.) 11:00 F45	10
11 Mothers Day! 	12 11:00 Movement w/ Music (Adv.) & Cardio (Basic) 11:30 Aquatics 12:00 Movement w/ Music (Basic) & Cardio (Adv.) 12:00 Stretch & Flex (Basic) 12:15 Cybex 1:00 WellREP [141 & 143] Boxing 2:00 Ready! Steady! Write! Stretch & Flex (Adv.)	13	14 11:00 Nordic Walking 11:30 Bal-A-Vis-X (Adv.) 11:30 Aquatics 11:45 Yoga 12:15 Bal-Vis (Basic) 1:00 WellREP [141 & 145] F45 2:00 Smart Speech	15 1:00 Boxing (Basic) 1:45 Stretching 2:15 Boxing (Adv.)	16 10:00 Empowerment Group (PwP) & (CG) 11:00 PWR! Hour (Basic) 11:00 Balance Blast (Adv.) 11:00 F45	17
18	19 11:00 Movement w/ Music (Adv.) & Cardio (Basic) 11:30 Aquatics 12:00 Movement w/ Music (Basic) & Cardio (Adv.) 12:00 Stretch & Flex (Basic) 12:15 Cybex 1:00 WellREP [141 & 143] Boxing 2:00 Ready! Steady! Write! Stretch & Flex (Adv.)	20	21 11:00 Nordic Walking 11:30 Bal-A-Vis-X (Adv.) 11:30 Aquatics 11:45 Yoga 12:15 Bal-Vis (Basic) 1:00 WellREP [141 & 145] F45 2:00 Smart Speech	22 1:00 Boxing (Basic) 1:45 Stretching 2:15 Boxing (Adv.)	23 10:00 Empowerment Group (PwP) & (CG) 11:00 PWR! Hour (Basic) 11:00 Balance Blast (Adv.) 11:00 F45 12:30 Final/Celebration Friday!	24
25	26 Memorial Day HESKETT CLOSED NO CLASSES	27 6:00 Evening Empowerment	28 11:00 Nordic Walking 11:30 Bal-A-Vis-X (Adv.) 11:30 Aquatics 11:45 Yoga 12:15 Bal-Vis (Basic) 1:00 WellREP [141 & 145] F45 2:00 Smart Speech	29 1:00 Boxing (Basic) 1:45 Stretching 2:15 Boxing (Adv.)	30 Heskett Closed NO CLASSES	31

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