

May 2026

FITNESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1 8am Tai Chi 9am Yoga w/Demet 10am Aqua Zumba w/Karen	2
3 8:30am Yoga w/Demet	4 9am Mat Pilates w/Demet 10am Aqua Fitness	5 8am Tai Chi 10am Aqua Fitness	6 9am Chair Yoga 10am Aqua Fitness	7 9am-Light Weights w/Demet 10am Aqua Fitness	8 8am Tai Chi 9am Yoga w/Demet 10am Aqua Zumba w/Karen	9
10 8:30am Yoga w/Demet	11 9am Mat Pilates w/Demet 10am Aqua Fitness	12 8am Tai Chi 10am Aqua Fitness	13 9am Chair Yoga 10am Aqua Fitness	14 9am-Light Weights w/Demet 10am Aqua Fitness	15 8am Tai Chi 9am Yoga w/Demet 10am Aqua Zumba w/Karen	16
17 8:30am Yoga w/Demet	18 9am Mat Pilates w/Demet 10am Aqua Fitness	19 8am Tai Chi 10am Aqua Fitness	20 9am Chair Yoga 10am Aqua Fitness	21 9am-Light Weights w/Demet 10am Aqua Fitness	22 8am Tai Chi 9am Yoga w/Demet 10am Aqua Zumba w/Karen	23
24	25 10am Aqua Fitness	26 8am Tai Chi 10am Aqua Fitness	27 10am Aqua Fitness	28 10am Aqua Fitness	29 8am Tai Chi 10am Aqua Zumba w/Karen	30
31	1	Notes BLUE: FITNESS	All dates, times & locations of activities & events listed are subject to change without notice			