

May 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 26	April 27	April 28	April 29	April 30	1	2
					8am - S/S Circuit	915am-Weight/Cardio 1030am- Line Dance
3	4	5	6	7	8	9
	8am- S/S Circuit 530p- Line Dance 6pm- Zumba	8am - S/S Circuit 9am - S/S Circuit 530p -Spin	7am- Yoga 830a- S/S Cardio 530p- Line Dance	8am - S/S Circuit 9am- Line Dance 6pm- Zumba	8am - S/S Circuit	915am-Weight/Cardio 1030am- Line Dance
	Member Appreciation					
10	11	12	13	14	15	16
Gym Closed	8am- S/S Circuit 6pm- Zumba	8am - S/S Circuit 9am - S/S Circuit 530p -Spin	7am- Yoga 830a- S/S Cardio 530p- Line Dance	8am - S/S Circuit 9am- Line Dance 6pm- Zumba	8am - S/S Circuit	915am-Weight/Cardio 1030am- Line Dance
	Mother's Day					
17	18	19	20	21	22	23
	8am- S/S Circuit 5pm- Zumba	8am - S/S Circuit 9am - S/S Circuit 530p -Spin	7am- Yoga 830a- S/S Cardio 530p- Line Dance	8am - S/S Circuit 9am- Line Dance 5pm- Zumba	8am- S/S Circuit	915am-Weight/Cardio 1030am- Line Dance
24	25	26	27	28	29	30
	Gym Closed	8am - S/S Circuit 9am - S/S Circuit 530p -Spin	7am- Yoga 830a- S/S Cardio 530p- Line Dance	8am - S/S Circuit 9am- Line Dance 5pm- Zumba	8am- S/S Circuit	915am-Weight/Cardio 1030am- Line Dance
	Memorial Day					
31	June 1	June 2	June 3	June 4	June 5	June 6