



# MAY 2025

## FITNESS CLASS CALENDAR

MAY | CLASS TIMES SUBJECT TO CHANGE/INSTRUCTOR SUBSTITUTION

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	1 THURSDAY	2 FRIDAY	3 SATURDAY
					Chair Yoga 10:00 <sup>AM</sup>	Cardio Kickboxing 10:00 <sup>AM</sup>
<b>4</b>	<b>5</b> Cardio Combo 6:00 <sup>PM</sup>	<b>6</b> Chair Aerobics 10:00 <sup>AM</sup> Yoga 6:30 <sup>PM</sup>	<b>7</b> Core & More 6:00 <sup>PM</sup>	<b>8</b>	<b>9</b> Chair Yoga 10:00 <sup>AM</sup>	<b>10</b> Cardio Kickboxing 10:00 <sup>AM</sup>
<b>11</b>	<b>12</b> Cardio Combo 6:00 <sup>PM</sup>	<b>13</b> Chair Aerobics 10:00 <sup>AM</sup> Yoga 6:30 <sup>PM</sup>	<b>14</b> Core & More 6:00 <sup>PM</sup>	<b>15</b>	<b>16</b> Chair Yoga 10:00 <sup>AM</sup>	<b>17</b> Cardio Kickboxing 10:00 <sup>AM</sup>
<b>18</b>	<b>19</b> Cardio Combo 6:00 <sup>PM</sup>	<b>20</b> Chair Aerobics 10:00 <sup>AM</sup> Yoga 6:30 <sup>PM</sup>	<b>21</b> Core & More 6:00 <sup>PM</sup>	<b>22</b>	<b>23</b> Chair Yoga 10:00 <sup>AM</sup>	<b>24</b> Cardio Kickboxing 10:00 <sup>AM</sup>
<b>25</b>	<b>26</b> Memorial Day 7:00 <sup>AM</sup> - 4:00 <sup>PM</sup> No Classes	<b>27</b> Chair Aerobics 10:00 <sup>AM</sup> Yoga 6:30 <sup>PM</sup>	<b>28</b> Core & More 6:00 <sup>PM</sup>	<b>29</b>	<b>30</b> Chair Yoga 10:00 <sup>AM</sup>	<b>31</b>