



May 2026

CLASS SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Scan QR code to visit website & book class					10:30am Dynamic Pilates Fusion	SPOTLIGHT 11:30am Tai Chi Fitness
12:00pm Paint & Sip with Holly 6:30pm TRX	11:30am Functional Movement 8:00 p.m Line Dancing with Kristie	11:30am Balance & Flow Yoga	11:30am Functional Strength 6:30pm Pilates Flow			Happy Mother's Day
6:30pm Functional Movement	11:30am Functional Movement 8:00 p.m Line Dancing with Kristie	11:30am Chair Yoga 5:30pm Strength & Stretch 7:00 pm Relax & Renew Yoga	11:30am Functional Strength 6:30pm Gentle Flow Yoga	6:30pm Sound Bowl Immersion	9am Tone Zone	11:30am Pilates Flow
6:30pm TRX	8:00 p.m Line Dancing with Kristie	11:30am Balance & Flow Yoga 5:30pm Restorative Yoga	11:30am Functional Strength 6:30pm Pilates Flow	<div style="border-top: 2px solid red; border-bottom: 2px solid red; padding: 5px 0;"> MEMORIAL DAY Weekend </div>		
 MEMORIAL DAY <small>REMEMBER AND HONOR</small>	11:30am Functional Movement 8:00 p.m Line Dancing with Kristie	11:30am Chair Yoga 5:30pm Strength & Stretch 7:00 pm Relax & Renew Yoga	11:30am Functional Strength 6:30pm Gentle Flow Yoga	6:00pm Paint & Sip with Holly	9am Tone Zone 10:30am Dynamic Pilates Fusion	11:30am Pilates Flow