

May 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4
		Barre 9am Walking Fit 10am Dance and Tone 4pm	Conditioning 9am Aquacise 9:30am Chair Yoga 10am Chi Move & Meditate 11am	Balance & Stretch 9am	Zumba 9am Chair Zumba 10am
6	7	8	9	10	11
Core & More 9am Sit & Tone 10am Zumba 4pm	Zumba 9am Chair Yoga 10am	Barre 9am Walking Fit 10am Dance and Tone 4pm	Conditioning 9am Aquacise 9:30am Chair Yoga 10am Chi Move & Meditate 11am	Balance & Stretch 9am	Zumba 9am Chair Zumba 10am Exercise Orientation 9-10am
13	14	15	16	17	18
Core & More 9am Sit & Tone 10am Zumba 4pm	Zumba 9am Chair Yoga 10am	Barre 9am Walking Fit 10am Dance and Tone 4pm	Conditioning 9am Aquacise 9:30am Chair Yoga 10am Chi Move & Meditate 11am	Balance & Stretch 9am	Zumba 9am Chair Zumba 10am
20	21	22	23	24	25
Core & More 9am Sit & Tone 10am Zumba 4pm	Zumba 9am Chair Yoga 10am	Barre 9am Walking Fit 10am Dance and Tone 4pm	Conditioning 9am Aquacise 9:30am Chair Yoga 10am Chi Move & Meditate 11am Exercise Orientation 9-10am	Balance & Stretch 9am	Zumba 9am Chair Zumba 10am
27	28	29	30	31	1
Memorial Day no classes	Zumba 9am Chair Yoga 10am	Barre 9am Walking Fit 10am Dance and Tone 4pm	Conditioning 9am Aquacise 9:30am Chair Yoga 10am Chi Move & Meditate 11am	Balance & Stretch 9am	

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Notes:

Please refer to the exercise instructor/class description sheet for more details. Sign in clearly on the attendance sheet.