

MAY 2018 – Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p style="text-align: right;">1</p> <p>8:30-4:15 PING PONG 9:15 \$ PILATES NEW SESSION 10:30 \$ CHAIR YOGA 12:30 \$ AGELESS GRACE 1:30 \$ TAP DANCE NEW SESSION 2:45-4:15 BADMINTON</p> 	<p style="text-align: right;">2</p> <p>8:30-4:30 PING PONG 9:15 VIDEO FITNESS 10:30 NOW & ZEN NEW SESSION 12:30 \$ SCULPTING W/ WEIGHTS NEW SESSION 1:45-4:15 BADMINTON</p>	<p style="text-align: right;">3</p> <p>8:30 – 4:15 PING PONG 9:15 \$ NO TAI CHI 10:30 \$ YOGA 12:30 \$ POUND 1:45 \$ GET FIT</p> 	<p style="text-align: right;">4</p> <p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:15 \$ YOGASIZE NEW SESSION 1:15 \$ ZUMBA 1:45 BADMINTON</p> 
<p style="text-align: right;">7</p> <p>9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 10:00-12:00-PERSONAL TRAINING, Weight Rm 11:15 \$ SITTERSIZE 12:30 PHC LECTURE- 10 Exercises for Health 12:30 BODY GYM NEW SESSION 1:30 – 4:15 PING PONG 1:45 \$ B.E.S.T</p> 	<p style="text-align: right;">8</p> <p>8:30-4:15 PING PONG 9:15 \$ PILATES 10:30 \$ CHAIR YOGA NEW SESSION 12:30 \$ AGELESS GRACE 1:30 \$ TAP DANCE 2:45-4:15 BADMINTON</p>	<p style="text-align: right;">9</p> <p>8:30-4:15 PING PONG 9:15 VIDEO FITNESS 10:30 NOW & ZEN 12:30 \$ SCULPTING W/ WEIGHTS 1:45-4:15 BADMINTON</p> 	<p style="text-align: right;">10</p> <p>9:15 \$ NO TAI CHI 10:30 \$ YOGA NEW SESSION 10:30 PHC LECTURE- Heart Healthy Life 12:00 – 4:15 PING PONG 12:30 \$ POUND 1:45 \$ GET FIT</p>	<p style="text-align: right;">11</p> <p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:15 \$ YOGASIZE 1:15 \$ ZUMBA NEW SESSION 1:45 BADMINTON</p>
<p style="text-align: right;">14</p> <p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 BODY GYM 1:45 \$ B.E.S.T</p>	<p style="text-align: right;">15</p> <p>9:15 \$ PILATES 10:00-12:00 PHC- BLOOD PRESSURE 10:30 \$ CHAIR YOGA 12:00-4:30 PING PONG 12:30 \$ NO AGELESS GRACE 1:30 \$ TAP DANCE 2:45-4:15 BADMINTON</p> 	<p style="text-align: right;">16</p> <p>8:30-4:15 PING PONG 9:15 VIDEO FITNESS 10:30 NOW & ZEN 12:30 \$ SCULPTING W/ WEIGHTS 1:45-4:15 BADMINTON</p>	<p style="text-align: right;">17</p> <p>8:30 – 4:15 PING PONG 9:15 \$ TAI CHI NEW SESSION 10:00 – 1:00-PHC- Free Vision Screening 10:30 \$ YOGA 12:30 \$ POUND 1:45 \$ GET FIT</p>	<p style="text-align: right;">18</p> <p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:15 \$ YOGASIZE 1:15 \$ ZUMBA 1:45 BADMINTON</p> 
<p style="text-align: right;">21</p> <p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 11:30-1:30-PERSONAL TRAINING, Weight Rm 12:30 BODY GYM 1:45 \$ B.E.S.T</p> 	<p style="text-align: right;">22</p> <p>8:30-4:30 PING PONG 9:15 \$ PILATES 10:30 \$ CHAIR YOGA 12:30 \$ AGELESS GRACE NEW SESSION 1:30 \$ TAP DANCE 2:45-4:15 BADMINTON</p>	<p style="text-align: right;">23</p> <p>8:30-4:15 PING PONG 9:15 VIDEO FITNESS 10:30 NOW & ZEN 12:30 \$ SCULPTING W/ WEIGHTS 1:45-4:15 BADMINTON</p> 	<p style="text-align: right;">24</p> <p>8:30 – 4:15 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 12:30 \$ POUND 1:45 \$ GET FIT</p>	<p style="text-align: right;">25</p> <p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERCISE 12:15 \$ YOGASIZE 1:15 \$ ZUMBA 1:45 BADMINTON</p>
<p>SENIOR CENTER IS CLOSED 28</p> 	<p style="text-align: right;">29</p> <p>8:30-4:30 PING PONG 9:15 \$ PILATES 10:30 \$ CHAIR YOGA 12:30 \$ AGELESS GRACE 1:30 \$ TAP DANCE 2:45-4:15 BADMINTON</p> 	<p style="text-align: right;">30</p> <p>LIVE FITNESS 8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 10:30 NO NOW & ZEN 11:15 \$ SITTERCISE 12:30 \$ SCULPTING W/ WEIGHTS 1:45-4:15 BADMINTON</p>	<p style="text-align: right;">31</p> <p>8:30 – 4:15 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 12:30 \$ POUND 1:45 \$ GET FIT</p>	<p style="text-align: center;">Gym Open Daily 8:30am – 4:15pm Must have Medicals on file & been trained by Liz. Wear Sneakers & Proper attire</p>

JOIN A CLASS TODAY!!

