









MAY 2017 – Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>8:30 – 4:15 –GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ ADVANCED FITNESS 10:00 to 12:00–PERSONAL TRAINING, Weight Rm 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 12:30 – BODY GYM CLASS 1:45 – \$ B.E.S.T (BALANCE, STRETCH, TONING)</p>	<p>2</p> <p>8:30 – 4:15 – GYM OPEN 9:15 – \$ PILATES 10:30 – \$ CHAIR YOGA 10:45-LECTURE-POSTURE PERFECT 12:00 – 4:15 – PING PONG 1:30 – \$ TAP DANCE 2:45 – 4:15 – BADMINTON</p>	<p>3</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – VIDEO FITNESS 10:45-MINDFUL MEDITATION-NEW SESSION 12:30 – \$ SCULPTING WITH WEIGHTS 2:00 – 4:15 – BADMINTON</p> 	<p>4</p> <p>8:30 – 4:15 –GYM OPEN 8:30 – 4:15 –PING PONG 9:15 – \$ TAI CHI 10:30 – \$ YOGA 1:45 – \$ GET FIT</p>	<p>5</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 1:15 – \$ ZUMBA 2:30 – 4:15 – OPEN BALLROOM DANCE</p>
<p>8</p> <p>8:30 – 4:15 –GYM OPEN 8:30 – 10:00 – PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 12:00 – 4:15 – PING PONG 12:30 – BODY GYM CLASS 1:45 – \$ B.E.S.T (BALANCE, STRETCH, TONING)</p> 	<p>9</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ PILATES 10:30 – \$ CHAIR YOGA 1:30 – \$ TAP DANCE 2:45 – 4:15 – BADMINTON</p>	<p>10</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – VIDEO FITNESS 10:45-MINDFUL MEDITATION 12:30 – \$ SCULPTING WITH WEIGHTS 2:00 – 4:15 – BADMINTON</p>	<p>11</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 9:15 – \$ TAI CHI 10:30 – \$ YOGA 1:45 – \$ GET FIT</p> 	<p>12</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 1:15 – \$ ZUMBA 2:30 – 4:15 – OPEN BALLROOM DANCE</p>
<p>15</p> <p>8:30 – 4:15 –GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ ADVANCED FITNESS 10:00 to 12:00–PERSONAL TRAINING, Weight Rm 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 12:30 – BODY GYM CLASS 1:45 – \$ B.E.S.T (BALANCE, STRETCH, TONING)</p>	<p>16</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 10:00- PHC-BLOOD PRESSURE CHECK 10:30 – \$ CHAIR YOGA 12:30-NEW AGELESS GRACE FITNESS-NEW 2:45 – 4:15 – BADMINTON</p> 	<p>17</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – VIDEO FITNESS 10:45-MINDFUL MEDITATION 12:30 – \$ SCULPTING WITH WEIGHTS 2:00 – 4:15 – BADMINTON</p>	<p>18</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 12:00 – PING PONG 9:15 – \$ TAI CHI 10:00-1:00 – VISION SCREENINGS BY APPOINTMENT, PHC 10:30 – \$ YOGA 1:45 – \$ GET FIT 1:45 – 4:15 – PING PONG</p> 	<p>19</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 1:15 – \$ ZUMBA 2:30 – 4:15 – OPEN BALLROOM DANCE</p>
<p>22</p> <p>8:30 – 4:15 –GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 12:30 – BODY GYM CLASS 1:45 – \$ B.E.S.T (BALANCE, STRETCH, TONING)</p>	<p>23</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 10:00 – PING PONG 10:30 – \$ CHAIR YOGA 12:30-NEW AGELESS GRACE FITNESS-NEW 1:30 – \$ TAP DANCE 2:45 – 4:15 – BADMINTON</p>	<p>24</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – VIDEO FITNESS 10:45-MINDFUL MEDITATION 12:30 – \$ SCULPTING WITH WEIGHTS 2:00 – 4:15 – BADMINTON</p> 	<p>25</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ TAI CHI 10:30 – \$ YOGA 1:45 – \$ GET FIT</p>	<p>26</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 1:15 – \$ ZUMBA 2:30 – 4:15 – OPEN BALLROOM DANCE</p>
<p>CLOSED – Holiday</p> 	<p>29</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 10:00 – PING PONG 10:30 – \$ CHAIR YOGA 12:30-NEW AGELESS GRACE FITNESS-NEW 1:30 – \$ TAP DANCE 2:45 – 4:15 – BADMINTON</p>	<p>30</p> <p>LIVE FITNESS TODAY</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ BEGIN/INTER FITNESS NO MINDFUL MEDITATION 11:15 – \$ SITTERCIZE 12:30 – \$ SCULPTING WITH WEIGHTS 2:00 – 4:15 – BADMINTON</p>	<p>31</p> 	<p>ACTIVE ADULTS GET RESULTS--- JOIN A FITNESS CLASS TODAY!</p>

