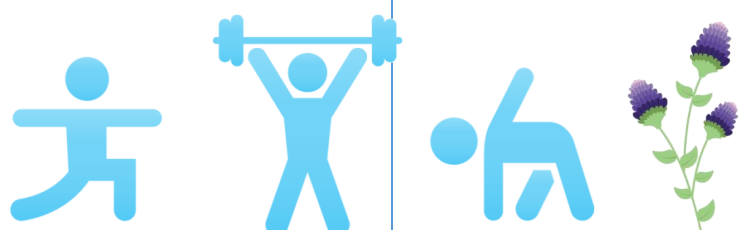



Health & Wellness

May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	9:30am Zumba Gold 10:30am Ballet Barre 1:00pm Beginning Line Dancing 5:30pm Zumba	8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
8	9	10	11	12
8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	9:30am Zumba Gold 10:30am Ballet Barre 1:00pm Beginning Line Dancing 5:30pm Zumba	8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
15	16	17	18	19
8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	9:30am Zumba Gold 10:30am Ballet Barre 1:00pm Beginning Line Dancing 5:30pm Zumba	8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
22	23	24	25	26
8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	9:30am Zumba Gold 10:30am Ballet Barre 1:00pm Beginning Line Dancing 5:30pm Zumba	8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
29	30	31		
	9:30am Zumba Gold 10:30am Ballet Barre 1:00pm Beginning Line Dancing 5:30pm Zumba	8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga		