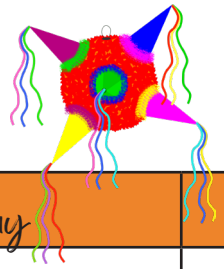

May Health and Fitness

Monday	Tuesday	Wednesday	Thursday	Friday
			1 **8:30am Easy Pace** *(Renee)* **9:30am Zumba Gold** *(Adaia)* **10:30am Pilates** *(Meleah)* **11:45am Chair Yoga** *(Sandra)* **1:00pm Balance & Strength*** *(Sandra)* **4:00pm Restorative Yoga** *(Myrna)* **5:30pm Zumba** *(Sandra)*	**2** **9:30am Posture Strength** *(MaryAnn)* **11:00am Balance & Strength*** *(Sandra)* **12:15pm Balance & Strength*** *(Sandra)*
5 **8:30am Easy Pace** *(Renee)* **10:00am Line Dancing** *(Renee)* **11:00am Active Aging Strength** *(MaryAnn)* **12:15pm Balance & Strength*** *(Sandra)* **1:30pm Balance & Strength*** *(Sandra)* **4:00pm Yoga** *(Tania)* **5:30pm Clogging** *(Loraine)*	**6** **8:30am DrumFit** *(Diana)* **9:30am Zumba Gold** *(Adaia)* **10:30am Pilates** *(Meleah)* **1:00pm Beginning Line Dancing** *(Dottie)* **5:30pm Zumba** *(Sandra)*	**7** **9:00am Zumba Gold Toning** *(Adaia)* **10:00am Active Aging Strength** *(Sissy)* **11:15am Balance & Strength*** *(Sandra)* **12:30pm Balance & Strength*** *(Sandra)* **2:30pm Line Dancing** *(Dottie)* **3:45pm Mindful Flow & Core** *(Diana)*	**8** **8:30am Easy Pace** *(Renee)* **9:30am Zumba Gold** *(Adaia)* **10:30am Pilates** *(Meleah)* **11:45am Chair Yoga** *(Sandra)* **1:00pm Balance & Strength*** *(Sandra)* **4:00pm Restorative Yoga** *(Myrna)* **5:30pm Zumba** *(Sandra)*	**9** **9:30am Posture Strength** *(MaryAnn)* **11:00am Balance & Strength*** *(Sandra)* **12:15pm Balance & Strength*** *(Sandra)*
12 **8:30am Easy Pace** *(Renee)* **10:00am Line Dancing** *(Renee)* **11:00am Active Aging Strength** *(MaryAnn)* **12:15pm Balance & Strength*** *(Sandra)* **1:30pm Balance & Strength*** *(Sandra)* **4:00pm Yoga** *(Tania)* **5:30pm Clogging** *(Loraine)*	**13** **8:30am DrumFit** *(Diana)* **9:30am Zumba Gold** *(Adaia)* **10:30am Pilates** *(Meleah)* **1:00pm Beginning Line Dancing** *(Dottie)* **5:30pm Zumba** *(Sandra)*	**14** **9:00am Zumba Gold Toning** *(Adaia)* **10:00am Active Aging Strength** *(Sissy)* **11:15am Balance & Strength*** *(Sandra)* **12:30pm Balance & Strength*** *(Sandra)* **2:30pm Line Dancing** *(Dottie)* **3:45pm Mindful Flow & Core** *(Diana)*	**15** **8:30am Easy Pace** *(Renee)* **9:30am Zumba Gold** *(Adaia)* **10:30am Pilates** *(Meleah)* **11:45am Chair Yoga** *(Sandra)* **1:00pm Balance & Strength*** *(Sandra)* **4:00pm Restorative Yoga** *(Myrna)* **5:30pm Zumba** *(Sandra)*	**15** **9:30am Posture Strength** *(MaryAnn)* **11:00am Balance & Strength*** *(Sandra)* **12:15pm Balance & Strength*** *(Sandra)*
19 **8:30am Easy Pace** *(Renee)* **10:00am Line Dancing** *(Renee)* **11:00am Active Aging Strength** *(MaryAnn)* **12:15pm Balance & Strength*** *(Sandra)* **1:30pm Balance & Strength*** *(Sandra)* **4:00pm Yoga** *(Tania)* **5:30pm Clogging** *(Loraine)*	**20** **8:30am DrumFit** *(Diana)* **9:30am Zumba Gold** *(Adaia)* **10:30am Pilates** *(Meleah)* **1:00pm Begin Line Dancing** *(Dottie)* **5:30pm Zumba** *(Sandra)*	**21** **9:00am Zumba Gold Toning** *(Adaia)* **10:00am Active Aging Strength** *(Sissy)* **11:15am Balance & Strength*** *(Sandra)* **12:30pm Balance & Strength*** *(Sandra)* **2:30pm Line Dancing** *(Dottie)* **3:45pm Mindful Flow & Core** *(Diana)*	**22** **8:30am Easy Pace** *(Renee)* **9:30am Zumba Gold** *(Adaia)* **10:30am Pilates** *(Meleah)* **11:45am Chair Yoga** *(Sandra)* **1:00pm Balance & Strength*** *(Sandra)* **4:00pm Restorative Yoga** *(Myrna)* **5:30pm Zumba** *(Sandra)*	**23** **9:30am Posture Strength** *(MaryAnn)* **11:00am Balance & Strength*** *(Sandra)* **12:15pm Balance & Strength*** *(Sandra)*
26 **CENTER CLOSED** 	**27** **8:30am DrumFit** *(Diana)* **9:30am Zumba Gold** *(Adaia)* **10:30am Pilates** *(Meleah)* **1:00pm Begin Line Dancing** *(Dottie)* **5:30pm Zumba** *(Sandra)*	**28** **9:00am Zumba Gold Toning** *(Adaia)* **10:00am Active Aging Strength** *(Sissy)* **11:15am Balance & Strength*** *(Sandra)* **12:30pm Balance & Strength*** *(Sandra)* **2:30pm Line Dancing** *(Dottie)* **3:45pm Mindful Flow & Core** *(Diana)*	**29** **8:30am Easy Pace** *(Renee)* **9:30am Zumba Gold** *(Adaia)* **10:30am Pilates** *(Meleah)* **11:45am Chair Yoga** *(Sandra)* **1:00pm Balance & Strength*** *(Sandra)* **4:00pm Restorative Yoga** *(Myrna)* **5:30pm Zumba** *(Sandra)*	**30** **9:30am Posture Strength** *(MaryAnn)* **11:00am Balance & Strength*** *(Sandra)* **12:15pm Balance & Strength*** *(Sandra)*

Gym Hours: Mon-Thurs: 8:00am-6:00pm, Friday: 8:00am-3:00pm

***Class is free for all BSBAC Members**