

MAY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	2 8:30 SS Aquacise 9:00am SS Yoga *9:00am Masters Swim 5:30pm Power Hour *6:45pm 20/20/20	3 *7:45am TRX 8:30 Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	4 *8:30am Masters Swim
5	6 *7:45am TRX 8:30 Aquacise 9am SS Circuit 10am Line Dance 5:30pm Power Hour	7 8:30am Aquacise 9am SS Yoga *9:00am Masters Swim *6:45pm 20/20/20	8 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	9 8:30 SS Aquacise 9:00am SS Yoga *9:00am Masters Swim 5:30pm Power Hour *6:45pm 20/20/20	10 *7:45am TRX 8:30 Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	11 *8:30am Masters Swim 9:00am Granville Morrow Fun Fish McCalliard Falls Park
12 <u>Fitness Room Hours:</u> M-F 5:30am-8:30pm Sat. 7:00am-6:00pm Sun. CLOSED	13 *7:45am TRX 8:30 Aquacise 9am SS Circuit 10am Line Dance 5:30pm Power Hour	14 8:30am Aquacise 9am SS Yoga *9:00am Masters Swim *6:45pm 20/20/20	15 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	16 8:30 SS Aquacise 9:00am SS Yoga *9:00am Masters Swim 5:30pm Power Hour *6:45pm 20/20/20	17 *7:45am TRX 8:30 Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	18 *8:30am Masters Swim
19	20 *7:45am TRX 8:30 Aquacise 9am SS Circuit 10am Line Dance 5:30pm Power Hour	21 8:30am Aquacise 9am SS Yoga- CANCELED *9:00am Masters Swim *6:45pm 20/20/20	22 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	23 8:30 SS Aquacise 9:00am SS Yoga- CANCELED *9:00am Masters Swim 5:30pm Power Hour *6:45pm 20/20/20	24 *7:45am TRX 8:30 Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	25 *8:30am Masters Swim
26	27 Memorial Day *7:45am TRX 8:30 Aquacise 9am SS Circuit 10am Line Dance 5:30pm Power Hour	28 8:30am Aquacise 9am SS Yoga *9:00am Masters Swim *6:45pm 20/20/20	29 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	30 8:30 SS Aquacise 9:00am SS Yoga *9:00am Masters Swim 5:30pm Power Hour *6:45pm 20/20/20	31 *7:45am TRX 8:30 Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	