


May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 *7:45am Trial TRX 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 6:30pm Circuit*	2 7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	3
4	5 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour	6 *7:45am TRX-Beginners 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi 6:00* Summer Splash Class	7 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	8 *7:45am Trial TRX 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 6:00* Summer Splash Class	9 7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	10
11 <u>Fitness Room Hours:</u> M-F 5:30am-8:30pm Sat. 7:00am-6:00pm Sun. CLOSED	12 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour	13 *7:45am TRX-Beginners 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi 6:00* Summer Splash Class	14 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	15 *7:45am Trial TRX 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 6:00* Summer Splash Class	16 7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	17
18	19 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour	20 *7:45am TRX-Beginners 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi 6:00* Summer Splash Class	21 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance 12:00pm Digital Literacy *5:15pm TRX	22 *7:45am Trial TRX 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 6:00* Summer Splash Class	23 7:45am TRX 8:30am Aquacise 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	24
25	26 *7:45am TRX 8:30am Aquacise 5:30pm Power Hour 	27 *7:45am TRX-Beginners 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi 6:00* Summer Splash Class	28 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	29 *7:45am Trial TRX 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 6:00* Summer Splash Class	30 7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	31