


May 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	2
3	4 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour 6:45pm Trim & Tone*	5 7:45am Pilates 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi	6 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	7 *7:45am TRX 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 6:45pm Trim & Tone*	8 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	9 12:00pm Tai Chi at Lakeside Pavilion Pool closed due to Bubble Takedown
10 Pool closed due to Bubble Takedown	11 *7:45am TRX 9:00am SS Circuit 5:30pm Power Hour 6:45pm Trim & Tone*	12 7:45am Pilates 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi	13 *7:45am TRX 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	14 *7:45am TRX 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 6:45pm Trim & Tone*	15 *7:45am TRX 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	16 12:00pm Tai Chi at Lakeside Pavilion
17 Fitness Room Hours: Mon.-Fri. 5:30am-8:30pm Sat. 7:00am-6:00pm Sun. Closed	18 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour 6:45pm Trim & Tone*	19 8:30am Intro to exercise 8:30am Aquacise 10:00am Science of Stretching 5:30pm Tai Chi	20 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance 12:30 Digital Literacy *5:15pm TRX	21 *7:45am TRX 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 6:45pm Trim & Tone*	22 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	23 12:00pm Tai Chi at Lakeside Pavilion
24 Fitness Room and Pool Open 1:00pm-5:00pm	25 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour 6:45pm Trim & Tone* 	26 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi	27 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	28 *7:45am TRX 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 6:45pm Trim & Tone*	29 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	30 12:00pm Tai Chi at Lakeside Pavilion
31 Fitness Room and Pool Open 1:00pm-5:00pm						