















May 2019 – Wellness Center

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| <p>Gym Open Daily 8:30am – 4:15pm MEDICALS MUST BE ON FILE, UPDATED EVERY 2 YEARS & BEEN TRAINED BEFORE USING</p> |  | <p>1</p> <p>8:30–4:15 PING PONG 9:15 VIDEO FITNESS 10:30 NOW & ZEN 12:30 \$ SCULPTING W/ WEIGHTS, NEW SESSION 1:45 BADMINTON</p>  | <p>2</p> <p>8:30 – 4:15 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 12:30 \$ POUND, BEGINS FIRST SESSION 1:45 \$ GET FIT, NEW SESSION</p> | <p>3</p> <p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:15 \$ YOGASIZE 1:15 \$ ZUMBA 2:30 BADMINTON</p>  |
| <p>9:15 \$ ADVANCED FITNESS 10:00-12:00–PERSONAL TRAINING 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 PHC LECTURE- Redefining After Loss 12:30 \$ BOLLYX, BEGINS FIRST SESSION 1:30 – 4:15 PING PONG 1:45 \$ B.E.S.T</p> <p>6</p>  | <p>8:30–4:30 PING PONG 9:15 \$ PILATES, NEW SESSION 10:30 \$ CHAIR YOGA, NEW SESSION 12:30 \$ AGELESS GRACE, NEW SESSION 1:30 \$ TAP DANCE, NEW SESSION 2:45 BADMINTON</p> <p>7</p> | <p>8:30–4:15 PING PONG 9:15 VIDEO FITNESS 10:30 NOW & ZEN 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON</p> <p>8</p>  | <p>9:15 \$ NO TAI CHI 10:30 PHC LECTURE- Cooking For Food Allergies 10:30 \$ YOGA 12:30 \$ POUND 12:00 – 4:15 PING PONG 1:45 \$ GET FIT</p> <p>9</p> | <p>8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:15 \$ YOGASIZE 1:15 \$ ZUMBA 2:30 BADMINTON</p> <p>10</p> |
| <p>8:30 – 4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 \$ BOLLYX 1:45 \$ B.E.S.T, NEW SESSION</p> <p>13</p>  | <p>8:30–4:30 PING PONG 9:15 \$ PILATES 10:30 \$ CHAIR YOGA 12:30 \$ AGELESS GRACE 1:30 \$ TAP DANCE 2:45 BADMINTON</p> <p>14</p>  | <p>8:30–4:15 PING PONG 9:15 VIDEO FITNESS 10:30 NOW & ZEN 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON</p> <p>15</p> | <p>9:15 \$ TAI CHI 10:00-1:00 PHC- VISION SCREENING 10:30 \$ YOGA 12:30 \$ POUND 1:45 \$ GET FIT 2:00 – 4:15 PING PONG</p> <p>16</p>  | <p>8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:15 \$ YOGASIZE, NEW SESSION 1:15 \$ ZUMBA, NEW SESSION 2:30 BADMINTON</p> <p>17</p> |
| <p>8:30 – 4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 11:30-1:30–PERSONAL TRAINING 12:30 \$ BOLLYX 1:45 \$ B.E.S.T</p> <p>20</p>  | <p>9:15 \$ PILATES 10:00–12:00-FREE BLOOD PRESSURE 10:30 \$ CHAIR YOGA 12:30 \$ AGELESS GRACE 12:30–4:30 PING PONG 1:30 \$ TAP DANCE 2:45 BADMINTON</p> <p>21</p> | <p>8:30–4:15 PING PONG 9:15 VIDEO FITNESS 10:30 NOW & ZEN 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON</p> <p>22</p> | <p>8:30 – 4:15 PING PONG 9:15 \$ TAI CHI, NEW SESSION 10:30 \$ YOGA 12:30 \$ POUND 1:45 \$ GET FIT</p> <p>23</p>  | <p>8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERCISE 12:15 \$ YOGASIZE 1:15 \$ ZUMBA 2:30 BADMINTON</p> <p>24</p>  |
| <p>Senior Center Closed</p> <p>27</p>  | <p>8:30–4:30 PING PONG 9:15 \$ PILATES 10:30 \$ CHAIR YOGA 12:30 \$ AGELESS GRACE 1:30 \$ TAP DANCE 2:45 BADMINTON</p> <p>28</p>  | <p>LIVE FITNESS</p> <p>8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 10:30 NO NOW & ZEN 11:15 \$ SITTERSIZE 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON</p> <p>29</p>  | <p>8:30 – 4:15 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 12:30 \$ POUND 1:45 \$ GET FIT</p> <p>30</p> | <p>8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:15 \$ YOGASIZE 1:15 \$ ZUMBA 2:30 BADMINTON</p> <p>31</p> |

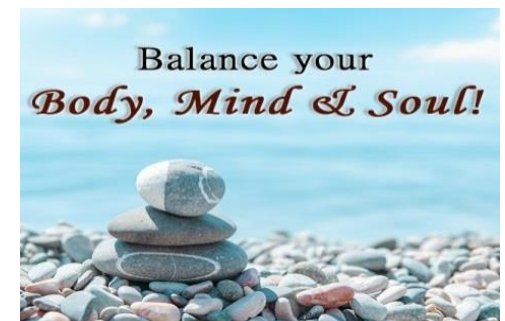


JOIN A CLASS!

BEFORE ENROLLING

**MUST HAVE
MEDICALS ON FILE**

DEADLINE



- MUST:**
- * HAVE MEDICALS ON FILE**
 - *WEAR PROPER ATTIRE**
 - * HAVE BEEN TRAINED**