

Wellness Center – May 2019

Mon., Tues., Wed., Thurs. 9 am – 8 pm • Fri. 9 am – 5 pm • Sat. 9 am – 3 pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>***Good Vibrations*** Drum Class is on Thursday 5/9 at 3:00 in the Community Room! Change for May ONLY</p>		<p>1 10:00-10:45am Basic Strength & Balance 1:00-2:00 Beginner Line Dancing 2:00-3:00 Intermediate Line Dancing 6:30-7:30pm Aqua Tabata</p>	<p>2 9:30-10:15am Aqua Fusion 12:15-1:00pm Aqua Toning 4:00-5:30pm Wii Bowling 6:15-7:15pm Move It! Move It!</p>	<p>3 9:30-10:15am Aqua Zumba 11:00-12:00pm Fitness, Friends & Fun</p>	<p>4 10:30-11:15am Aqua Yoga</p>
<p>5 CLOSED</p>	<p>6 9:30-10:15am Aqua Fitness 11:15- 12:15pm Chair Yoga 1:00-2:00pm Johns' Warrior Workout 6:30-7:30pm ZUMBA</p>	<p>7 9:30-10:15am Anything Goes! (Pool) 1:15-2:00pm Sit and Get FIT 5:00-5:45pm UKULELE Lessons 6:15-7:15pm Gentle Yoga</p>	<p>8 10:00-10:45am Basic Strength & Balance 1:00-2:00 Beginner Line Dancing 2:00-3:00 Intermediate Line Dancing 6:30-7:30pm Aqua Tabata</p>	<p>9 9:30-10:15am Aqua Fusion 12:15-1:00pm Aqua Toning 4:00-5:30pm Wii Bowling 6:15-7:15pm Move It! Move It!</p>	<p>10 9:30-10:15am Aqua Zumba 11:00-12:00pm Fitness, Friends & Fun</p>	<p>11 10:30-11:15am Aqua Yoga</p>
<p>12 CLOSED</p>	<p>13 9:30-10:15am Aqua Fitness 11:15- 12:15pm Chair Yoga 1:00-2:00pm Johns' Warrior Workout 6:30-7:30pm ZUMBA</p>	<p>14 9:30-10:15am Anything Goes! (Pool) 1:15-2:00pm Sit and Get FIT 5:00-5:45pm UKULELE Lessons 6:15-7:15pm Gentle Yoga</p>	<p>15 10:00-10:45am Basic Strength & Balance 1:00-2:00 Beginner Line Dancing 2:00-3:00 Intermediate Line Dancing 6:30-7:30pm Aqua Tabata</p>	<p>16 9:30-10:15am Aqua Fusion 12:15-1:00pm Aqua Toning 4:00-5:30pm Wii Bowling 6:15-7:15pm Move It! Move It!</p>	<p>17 9:30-10:15am Aqua Zumba 11:00-12:00pm Fitness, Friends & Fun</p>	<p>18 10:30-11:15am Aqua Yoga</p>
<p>19 CLOSED</p>	<p>20 9:30-10:15am Aqua Fitness 11:15- 12:15pm Chair Yoga 1:00-2:00pm Johns' Warrior Workout 6:30-7:30pm ZUMBA</p>	<p>21 9:30-10:15am Anything Goes! (Pool) 1:15-2:00pm Sit and Get FIT 5:00-5:45pm UKULELE Lessons 6:15-7:15pm Gentle Yoga</p>	<p>22 10:00-10:45am Basic Strength & Balance 1:00-2:00 Beginner Line Dancing 2:00-3:00 Intermediate Line Dancing 6:30-7:30pm Aqua Tabata</p>	<p>23 9:30-10:15am Aqua Fusion 12:15-1:00pm Aqua Toning 4:00-5:30pm Wii Bowling 6:15-7:15pm Move It! Move It!</p>	<p>24 9:30-10:15am Aqua Zumba 11:00-12:00pm Fitness, Friends & Fun 3:00-4:00pm Paradigm Walking Club</p>	<p>25 10:30-11:15am Aqua Yoga</p>
<p>26 CLOSED</p>	<p>27 Closed Memorial Day</p>	<p>28 9:30-10:15am Anything Goes! (Pool) 1:15-2:00pm Sit and Get FIT 5:00-5:45pm UKULELE Lessons 6:15-7:15pm Gentle Yoga</p>	<p>29 10:00-10:45am Basic Strength & Balance 1:00-2:00 Beginner Line Dancing 2:00-3:00 Intermediate Line Dancing 6:30-7:30pm Aqua Tabata</p>	<p>30 9:30-10:15am Aqua Fusion 12:15-1:00pm Aqua Toning 4:00-5:30pm Wii Bowling 6:15-7:15pm Move It! Move It!</p>	<p>31 9:30-10:15am Aqua Zumba 11:00-12:00pm Fitness, Friends & Fun 3:00-4:00pm Paradigm Walking Club</p>	

