

May 2023 Group X Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	12-12:45p TRX 7-7:40p Yoga Flow	8:30-9:30a Aqua Fitness (@ pool) 11-11:15a Silver Sneakers Circuit	12-12:45p TRX 7-7:40p Yoga for Self Care	8:30-9:30a Aqua Fitness (@ pool) 9am Tai Chi Ch'uan 11am Tai Chi (Offsite) 12:15-1:15p Small Group Training 6-8:30p Karate		8:30-10a Run Club (outdoors) 10a-2p Martial Arts
7	8	9	10	11	12	13
9-10a Wellness Walk & Talk (outdoors)	12-12:45p TRX 7-7:40p Yoga Flow	8:30-9:30a Aqua Fitness (@ pool) 11-11:15a Silver Sneakers Circuit	12-12:45p TRX 7-7:40p Yoga for Self Care	8:30-9:30a Aqua Fitness (@ pool) 9am Tai Chi Ch'uan 11am Tai Chi (Offsite) 12:15-1:15p Small Group Training 6-8:30p Karate		8:30-10a Run Club (outdoors) 10a-2p Martial Arts
14	15	16	17	18	19	20
	12-12:45p TRX 7-7:40p Yoga Flow	8:30-9:30a Aqua Fitness (@ pool) 11-11:15a Silver Sneakers Circuit	12-12:45p TRX 7-7:40p Yoga for Self Care	8:30-9:30a Aqua Fitness (@ pool) 9am Tai Chi Ch'uan 11am Tai Chi (Offsite) 12:15-1:15p Small Group Training 6-8:30p Karate		10a-2p Martial Arts
21	22	23	24	25	26	27
	12-12:45p TRX 7-7:40p Yoga Flow	8:30-9:30a Aqua Fitness (@ pool) 11-11:15a Silver Sneakers Circuit	12-12:45p TRX 7-7:40p Yoga for Self Care	8:30-9:30a Aqua Fitness (@ pool) 9am Tai Chi Ch'uan 11am Tai Chi (Offsite) 12:15-1:15p Small Group Training 6-8:30p Karate		10a-2p Martial Arts
28	29	30	31			
	Memorial Day CLOSED	8:30-9:30a Aqua Fitness (@ pool)				