

May Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:15 Fitness 9:00 Fitness 2:30 Yoga	2 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builder 1:00 Sit and b fit 1:00 Tai Chi	3 8:15 Fitness 9:00 Fitness 9:30 Ageless Grace	4 9:15 Seated Yoga 1:00 Sit and b fit Combo Yoga, Ageless Grace and water fitness canceled	5 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
8 8:15 Fitness 9:00 Fitness 2:30 Yoga	9 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builder 1:00 Sit and b fit 1:00 Tai Chi	10 8:15 Fitness 9:00 Fitness 9:30 Ageless Grace	11 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builder 1:00 Sit and b fit	12 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
15 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Yoga	16 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builder 1:00 Sit and b fit 1:00 Tai Chi	17 8:15 Fitness 9:00 Fitness 9:30 Ageless Grace 2:00 Exercisin' with therapy	18 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builder 1:00 Sit and b fit	19 8:15 Fitness 9:00 Fitness 2:00 meditation
22 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Yoga	23 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builder 1:00 Sit and b fit 1:00 Tai Chi	24 8:15 Fitness 9:00 Fitness 9:30 Ageless Grace 2:00 Exercisin' with therapy	25 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 1:00 Sit and b fit	26 8:15 Fitness 9:00 Fitness 2:00 Meditation
29 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Yoga	30 10:00 Water Fitness 10:30 Combo Yoga 1:00 Sit and b fit 1:00 Tai Chi	31 Senior Health & Fitness Day 9-11-30	Exercisin' with therapy will be cancelled May 1 st , 3 rd , 8 th & 10 th . Water in Motion will resume in the June calendar Come check out Senior Health & Fitness Day May 31 st At the Lakeside Grande Classes highlighted in blue are held at the Oakside GEX Classes highlighted in red are held in the Lakeside Essence lounge	