| May 2024 | | | | |
|---|---|---|---|---|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| ➤ Classes highlighted in blue are held in our Oakside Group Exercise Room<br>➤ Classes highlighted in Red are held in Lakeside Essence lounge<br>➤ No Fitness Classes Monday May 27th Happy Memorial Day<br>➤ Join Senior Health & Fitness Day May 29th | | 1<br>8:15 Fitness<br>9:00 Fitness<br>10:00 Seated Flow<br>2:00 Exercisin' with therapy | 2<br>9:15 Seated Yoga<br>10:30 Combo Yoga<br>11:30 Bone Builders<br>1:00 Sit and b fit | 3<br>8:15 Fitness<br>9:00 Fitness<br>10:00 Water in Motion<br>2:00 Meditation |
| 6<br>8:15 Fitness<br>9:00 Fitness<br>10:30 Exercisin' with therapy<br>1:15 Seated Yoga<br>2:30 Combo Yoga | 7<br>10:00 Water Fitness<br>10:30 Combo Yoga<br>11:30 Bone Builders<br>1:00 Sit and b fit | 8<br>8:15 Fitness<br>9:00 Fitness<br>10:00 Seated Flow<br>2:00 Exercisin' with therapy | 9<br>9:15 Seated Yoga<br>10:30 Combo Yoga<br>11:30 Bone Builders<br>1:00 Sit and b fit | 10<br>8:15 Fitness<br>9:00 Fitness<br>10:00 Water in Motion<br>2:00 Meditation |
| 13<br>8:15 Fitness<br>9:00 Fitness<br>10:30 Exercisin' with therapy<br>1:15 Seated Yoga<br>2:30 Combo Yoga | 14<br>10:00 Water Fitness<br>10:30 Combo Yoga<br>11:30 Bone Builders<br>1:00 Sit and b fit<br>1:30 Tai Chi | 15<br>8:15 Fitness<br>9:00 Fitness<br>10:00 Seated Flow<br>2:00 Exercisin' with therapy | 16<br>9:15 Seated Yoga<br>10:30 Combo Yoga<br>11:30 Bone Builders<br>1:00 Sit and b fit | 17<br>8:15 Fitness<br>9:00 Fitness<br>10:00 Water in Motion<br>2:00 Meditation |
| 20<br>8:15 Fitness<br>9:00 Fitness<br>10:30 Exercisin' with therapy<br>1:15 Seated Yoga<br>2:30 Combo Yoga | 21<br>10:00 Water Fitness<br>10:30 Combo Yoga<br>11:30 Bone Builders<br>1:00 Sit and b fit<br>1:30 Tai Chi | 22<br>8:15 Fitness<br>9:00 Fitness<br>10:00 Seated Flow<br>2:00 Exercisin' with therapy | 23<br>9:15 Seated Yoga<br>10:30 Combo Yoga<br>11:30 Bone Builders<br>1:00 Sit and b fit | 24<br>9:00-10:00 Bone Builders<br>2:00-2:30 Seated Tai Chi<br>2:30-3:00 Standing Tai Chi |
| 27<br>Happy Memorial Day! | 28<br>10:30 Combo Yoga<br>11:30 Bone Builders<br>1:30 Tai Chi | 29<br>Senior Health & Fitness Day!<br>2:00 Exercisin' with therapy | 30<br>9:15 Seated Yoga<br>10:30 Combo Yoga<br>11:30 Bone Builders | 31<br>9:00 Bone Builders<br>2:00-2:30 Seated Tai Chi<br>2:30-3:00 Standing Tai Chi |