



MAY 2021 FITNESS & ACTIVITIES



MONDAYS

Billiards 7:30-6pm

Computer Lab 7:30-6pm

Walking-Gym 7:30-9:00am

Senior Fit
8:00 - 8:45 a.m. **Irene**

Stretch and Flex
9:00 - 9:45 a.m. **Irene**

Pickleball
9:00 - 3:00 p.m.

Body Sculpting
10:30 - 11:15 a.m. **Gerry**

Tai Chi
10:00-11:00 a.m. **Russ**

Body Sculpting
4:30 - 5:15 p.m. **Irene**

Yoga
5:15 - 6:00 p.m. **Irene**

Stability Ball Training
5:30 - 6:00 p.m. **Elena**



TUESDAYS

Billiards 7:30-6pm

Computer Lab 7:30-6pm

Walking-Gym 7:30-9:00am

Senior Fit
8:00 - 8:45 a.m. **Irene**

S/S Boom Mind
(Yoga/Pilates/Balance)
8:30 - 9:15 a.m. **June**

Pickleball
9:00 - 3:00 p.m.

Cardio Fit/ Step
9:00 - 9:45 a.m. **Irene**

S/S Circuit Interval
9:30 - 10:15 a.m. **June**

Silver & Fit Excel
Strength/Cardio Class
10:30 - 11:15 a.m. **Gerry**

Line Dancing
10:30- Noon **Perrin/Karen**

Stretch & Balance
12:30-1:15 p.m. **Gerry**

Stability Ball Training
5:30 - 6:00 p.m. **Elena**

WEDNESDAYS

Billiards 7:30-6pm

Computer Lab 7:30-6pm

Walking-Gym 7:30-9:00am

Senior Fit
8:00 - 8:45 a.m. **Irene**

Stretch and Flex
9:00 - 9:45 a.m. **Irene**

Pickleball
9:00 - 3:00 p.m.

Tai Chi
10:00-11:00 a.m. **Russ**

Body Sculpting
10:30 - 10:45 a.m. **Gerry**

Body Sculpting
4:30 - 5:15 p.m. **Irene**

Yoga
5:15 - 6:00p.m. **Irene**

Stability Ball Training
5:30 - 6:00 p.m. **Elena**



THURSDAYS

Billiards 7:30-6pm

Computer Lab 7:30-6pm

Walking-Gym 7:30-9:00am

Senior Fit
8:00 - 8:45 a.m. **Irene**

Pickleball
9:00 - 3:00 p.m.

Cardio Fit/Step
9:00 - 9:45 a.m. **Irene**

Silver & Fit Excel
Strength/Cardio Class
10:30 - 11:15 a.m. **Gerry**

Stretch & Balance
12:30-1:15 p.m. **Gerry**

Bingo 1:00 - 3:00 p.m.

Stability Ball Training
5:30 - 6:00 p.m. **Elena**

FRIDAYS

Billiards 7:30-Noon

Computer Lab 7:30-Noon

Walking-Gym 7:30-9:00am

Senior Fit
8:00 - 8:45 a.m. **Irene**

Yoga
9:00-10:00 a.m. **Irene**

Pickleball
9:00 - Noon

Tai Chi
10:00 - 11:00 a.m. **Russ**

Line Dancing
10:30- Noon **Perrin/Karen**



With Honor & Gratitude
We Remember

IN OBSERVANCE OF
MEMORIAL DAY, VIA WILL BE
CLOSED ON
MONDAY, MAY 31ST

Thank you!