



# 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 - 11:15 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**  
 Outdoor Acrylic Art Class  
 10:00-1:00 p.m. **Marsh**  
 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!*