

Theme: Joint Health

May Schedule



Spirit Fridays: Wear Yellow

CLASS KEY

- Beginner
- ◐ Intermediate
- Advanced
- ♥ Social Class

Monday

- ◐ **9:00 am**
Cardio Fusion
- **9:45 am**
Functional Strength
- **10:30 am**
Yoga 45
- ◐ **11:30 am**
Lower Body Express
- **12:00 am**
Gentle Mobility
- ◐ **1:00 pm**
Walk This Way
- ♥ **11:00 am**
Social Club
- ◐ **4:00 pm**
Arms & Abs
- **5:00 pm**
Stretch & Recovery

Tuesday

- **9:30 am**
Cardio Blast Express
- ◐ **10:00 am**
Full Body 45
- **11:00 am**
Core Stability
- **12:00 pm**
Fall Free® Balance
- **1:00 pm**
Upper Body Strength
- **2:00 pm**
Tai Chi
- ◐ **4:00 pm**
Strength & Cardio 45
- ◐ **5:00 pm**
Pilates

Wednesday

- ◐ **9:00 am**
Full Body Strength
- **9:45 am**
Cardio Fusion
- **10:30 am**
Chair Pilates 45
- ◐ **11:30 am**
Core Express
- ◐ **12:00 pm**
Mobility & Stability
- **1:00 pm**
Move & Groove
- ◐ **1:00 pm**
*Cardio Drumming - (2nd Wed)
- **2:00 pm**
Ageless Grace
- ♥ **4:00 pm**
Club Connections
- ◐ **5:00 pm**
Full Body 45
- ◐ **6:00 pm**
Yoga

Thursday

- **9:30 am**
Cardio Blast Express
- ◐ **10:00 am**
Full Body 45
- **11:00 am**
Advanced Core
- ◐ **12:00 pm**
Fall Free® Balance
- ◐ **1:00 pm**
Lower Body Strength
- **2:00 pm**
Tai Chi
- ◐ **4:00 pm**
Strength & Cardio 45
- ◐ **5:00 pm**
Pilates

Friday

- ◐ **9:00 am**
Cardio Fusion
- **9:45 am**
Advanced Strength
- ◐ **10:30 am**
Chair Yoga 45
- ◐ **11:30 am**
Upper Body Express
- **12:00 pm**
Mobility Masters
- **1:00 pm**
Walk This Way
- ♥ **2:00 pm**
Brain Games
- ◐ **4:00 pm**
Legs & Abs
- **5:00 pm**
Stretch & Recovery

Club Connections

Wednesdays @ 4 PM ET

MAY
06

Connect Event: Joint Friendly Mobility & Stability

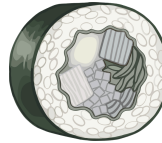
Join this low-impact class that guides you through movements that can help increase joint lubrication, reduce pain, and stiffness in the body.



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Cooking Club: Sushi Bake Cups & Cucumber Salad

Join coach Merilin as she teaches you how to create delicious, Sushi bake cups paired with a refreshing cucumber salad all from your own kitchen.



MAY
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Art Club: Pipe Cleaner Flowers

Learn to coil, twist, and shape pipe cleaners into beautiful long-lasting flowers alongside Coach Merilin.



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Senior Wellness Day: Wellness Rodeo

Giddy-up partner and join us for our rodeo-themed Senior Wellness Day! Join your coaches for a day full of fun themed classes celebrating senior health and wellness, encompassing the different pillars of health.



***Being held on Thursday, 5/28 this month @ 6PM**

MAY
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Book Club: The Shark House by Sara Ackerman

Join us on a story about a marine biologist Minnow Gray, who investigates a series of shark attacks, forcing her to confront a past trauma involving her father and a great white shark.



Social Club



Mondays @ 2 PM ET

5/4 Member Orientation

5/11 Anti-Inflammatory Foods Show & Tell

5/18 Joint Health Awareness



Brain Games



Fridays @ 2 PM ET

5/1 BINGO

5/8 Memory in Motion

5/15 Musculoskeletal Jeopardy

5/22 Joint Health Trivia

5/29 BINGO