



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 pm
Gentle Mobility

1:00 pm
Walk This Way

2:00 pm
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
*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

10:00 am
Lower Body Strength

11:00 am
Tai Chi

1:00 pm
Strength & Cardio 45

2:00 pm
Pilates

Friday

6:00 am
Cardio Fusion

6:45 am
Advanced Strength

7:30 am
Chair Yoga 45

8:30 am
Upper Body
Express

9:00 am
Mobility Masters

10:00 am
Walk This Way

11:00 am
Brain Games

1:00 pm
Legs & Abs

2:00 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.



MAY
13

Cooking Club: Sushi Bake Cups & Cucumber Salad

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



MAY
20

Art Club: Pipe Cleaner Flowers

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



MAY
27

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 @ 6 PM

MAY
28

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