






















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>DON'T FORGET Chair Volleyball Practice</p> <p>Tuesday & Thursday @ 1:45pm-3:30p</p> 			<p>8:15a-Ready, Set, GO -"Tabata" 1</p> <p>10a-Chair Yoga -"Gentle Healing"</p> <p>*12p- Healthy Kitchen- Banana Oat Pancakes</p> <p>1p-Ready, Set, GO -"Tabata"</p>
<p>8:15a-Ready, Set, GO -"Tabata" 4</p> <p>9a-Yoga w/ Rhonda</p> <p>10a-Tai Chi</p> <p>1p-Ready, Set, GO -"Tabata"</p> 	<p>8:15a-Balance Builders 5</p> <p>9a-ZUMBA *NO BINGO**12p-May Birthdays & Cinco De Mayo Loteria! 1p-Balance Builders 1:45p-Chair Volleyball Practice</p>  	<p>8:15a-Chair Yoga -"Gentle Healing" 6</p> <p>9a-"Drumba" Video</p> <p>10a-MENTAL Flex -"Active Minds"</p> <p>12p-Mother's Day Celebration! *LADIES ONLY*</p> <p>1p-Yoga-"Recover, Reset"</p> 	<p>8:15a-Balance Builders 7</p> <p>9a-ZUMBA!!</p> <p>10a-Bingo *12p-"Mix & Mingle" with a Doc **NO A & C**</p> <p>1p-Balance Builders</p> <p>1:45p-Chair Volleyball Practice</p>  	<p>8:15a-Ready, Set, GO -"Tabata" 8</p> <p>10a-Chair Yoga -"Gentle Healing"</p> <p>*12p-Ice Cream Social</p> <p>1p-Ready, Set, GO -"Tabata"</p>
<p>8:15a-Ready, Set, GO -"Tabata" 11</p> <p>9a-Yoga w/ Rhonda</p> <p>10a-Tai Chi</p> <p>1p-Ready, Set, GO -"Tabata"</p> 	<p>8:15a-Balance Builders 12</p> <p>9a-ZUMBA!!</p> <p>10a-Bingo!</p> <p>1p-Balance Builders</p> <p>1:45p-Chair Volleyball Practice</p> 	<p>8:15a-Chair Yoga -"Gentle Healing" 13</p> <p>9a-"Drumba" Video</p> <p>10a-MENTAL Flex -"Active Minds" 1p-Yoga -"Recover, Reset"</p> 	<p>8:15a-Balance Builders 14</p> <p>9a-ZUMBA!!</p> <p>10a-Bingo</p> <p>12p-Arts & Crafts (Must sign-up-10ppl)</p> <p>1p-Balance Builders</p> <p>1:45p-Chair Volleyball Practice</p> 	<p>8:15a-Ready, Set, GO -"Tabata" 15</p> <p>10a-Chair Yoga -"Gentle Healing"</p> <p>*12p- Movie Day- Anaconda</p> <p>1p-Ready, Set, GO -"Tabata"</p>
<p>8:15a-Ready, Set, GO -"Tabata" 18</p> <p>9a-Yoga w/ Rhonda</p> <p>10a-Tai Chi</p> <p>1p-Ready, Set, GO -"Tabata"</p> 	<p>8:15a-Balance Builders 19</p> <p>9a-ZUMBA!!</p> <p>10a-Bingo!</p> <p>1p-Balance Builders</p> <p>1:45p-Chair Volleyball Practice</p> 	<p>8:15a-Chair Yoga -"Gentle Healing" 20</p> <p>9a-"Drumba" Video</p> <p>10a-MENTAL Flex -"Active Minds"</p> <p>1p-Yoga-"Recover, Reset"</p> 	<p>8:15a-Balance Builders 21</p> <p>9a-ZUMBA!!</p> <p>10a-Bingo</p> <p>12p-Arts & Crafts (Must sign-up-10ppl)</p> <p>1p-Balance Builders</p> <p>1:45p-Chair Volleyball Practice</p>  	<p>8:15a-Ready, Set, GO -"Tabata" 22</p> <p>10a-Chair Yoga -"Gentle Healing"</p> <p>*12p- Frito Pie</p> <p>1p-Ready, Set, GO -"Tabata"</p>
<p>25</p> 	<p>8:15a-Balance Builders 26</p> <p>9a-ZUMBA!!</p> <p>10a-Bingo!</p> <p>1p-Balance Builders</p> <p>1:45p-Chair Volleyball Practice</p> 	<p>8:15a-Chair Yoga -"Gentle Healing" 27</p> <p>9a-"Drumba" Video</p> <p>10a-MENTAL Flex -"Active Minds"</p> <p>1p-Yoga -"Recover, Reset"</p>	<p>8:15a-Balance Builders 28</p> <p>9a-ZUMBA!!</p> <p>10a-Bingo</p> <p>12p-Arts & Crafts (Must sign-up-10ppl)</p> <p>1p-Balance Builders</p> <p>1:45p-Chair Volleyball Practice</p> 	<p>8:15a-Ready, Set, GO -"Tabata" 29</p> <p>10a-Chair Yoga -"Gentle Healing"</p> <p>*12p- Watermelon Cups</p> <p>1p-Ready, Set, GO -"Tabata"</p>