

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2024

				1 8:15 Fitness Fusion TAR 9:30 Fitness Fusion 2VCR 10:15AM Aquatics-Pool 1:30PM- Chair Yoga- TAR 1:30pm Balance Class CH 993		2 8 AM Mat Yoga-TAR 9:30pm Fitness Fusion CH 993 1:15 PM Balance- TAR		3 8:15 Fitness Fusion TAR 9:30 Fitness Fusion 2VCR 1:30pm Balance Class CH 993 1:30pm-2:30pm- Open Swim-Pool 2:30pm- Aquatics- Pool		4 9:30 Fitness Fusion- Ch.993			
		May Day											
5 9:30 Fitness Fusion- Ch.993		6 8:15 Fitness Fusion TAR 9:30 Fitness Fusion 2VCR 10:15AM Aquatics-Pool 11am-12pm Open Swim-Pool 1:30pm Balance Class CH 993 2:30pm- Aquatics- Pool  12:30pm-4:30 Blood Drive in TAR		7 8 AM Mat Yoga-TAR 9:30pm Fitness Fusion CH 993 1:15 PM Balance- TAR 2:30 PM Bean Bag Game (Cornhole)- Lawn Outside Terrace Aerobics Room		8 8:15 Fitness Fusion TAR 9:30 Fitness Fusion 2VCR 10:15AM Aquatics-Pool 11AM Walking Group (Meet on Patio Outside 2VCR) 1:30PM- Chair Yoga- TAR 1:30pm Balance Class CH 993		9 8 AM Mat Yoga-TAR 9:30pm Fitness Fusion CH 993 1:15 PM Balance- TAR 2:30 PM Bean Bag Game (Cornhole)- Lawn Outside 2nd Floor Vista Comm. Room		10 8:15 Fitness Fusion TAR 9:30 Fitness Fusion 2VCR 1:30pm Balance Class CH 993  1:30pm-2:30pm- Open Swim- Pool 2:30pm- Aquatics- Pool		11 9:30 Fitness Fusion- Ch.993  <b>POOL CLOSED</b>	
Cinco de Mayo													
12 9:30 Fitness Fusion- Ch.993  <b>POOL CLOSED</b>		13 8:15 Fitness Fusion TAR 9:30 Fitness Fusion 2VCR 10:15AM Aquatics-Pool 11am-12pm Open Swim-Pool  1:30pm Balance Class CH 993 2:30pm- Aquatics- Pool		14 8 AM Mat Yoga-TAR 9:30pm Fitness Fusion CH 993 1:15 PM Balance- TAR 2:30 PM Bean Bag Game (Cornhole)- Lawn Outside Terrace Aerobics Room		15 8:15 Fitness Fusion TAR 9:30 Fitness Fusion 2VCR 10:15AM Aquatics-Pool 11AM Walking Group (Meet on Patio Outside 2VCR) 1:30PM- Chair Yoga- TAR 1:30pm Balance Class CH 993		16 8 AM Mat Yoga-TAR 9:30pm Fitness Fusion CH 993 1:15 PM Balance- TAR 2:30 PM Bean Bag Game (Cornhole)- Lawn Outside 2nd Floor Vista Comm. Room		17 8:15 Fitness Fusion TAR 9:30 Fitness Fusion 2VCR 1:30pm Balance Class CH 993 1:30pm-2:30pm- Open Swim- Pool 2:30pm- Aquatics- Pool		18 9:30 Fitness Fusion- Ch.993	
Mother's Day National Skilled Nursing Care Week										Armed Forces Day			
19 9:30 Fitness Fusion- Ch.993		20 8:15 Fitness Fusion TAR 9:30 Fitness Fusion 2VCR 10:15AM Aquatics-Pool 11am-12pm Open Swim-Pool  1:30pm Balance Class CH 993 2:30pm- Aquatics- Pool		21 8 AM Mat Yoga-TAR 9:30pm Fitness Fusion CH 993 1:15 PM Balance- TAR 2:30 PM Bean Bag Game (Cornhole)- Lawn Outside Terrace Aerobics Room		22 8:15 Fitness Fusion TAR 9:30 Fitness Fusion 993 10:15AM Aquatics-Pool <b>NO Walking Group</b> 1:30pm Balance Class CH 993 2:00 PM- Chair Yoga- 993		23 8 AM Mat Yoga-TAR 9:30pm Fitness Fusion CH 993 1:15 PM Balance- TAR 2:30 PM Bean Bag Game (Cornhole)- Lawn Outside 2nd Floor Vista Comm. Room		24 8:15 Fitness Fusion TAR 9:30 Fitness Fusion 2VCR 1:30pm Balance Class CH 993 1:30pm-2:30pm- Open Swim- Pool 2:30pm- Aquatics- Pool		25 9:30 Fitness Fusion- Ch.993	
		Victoria Day (Canada)											
26 9:30 Fitness Fusion- Ch.993		27 9:30 Fitness Fusion Ch 993 1:30pm Balance Class CH 993		28 8 AM Mat Yoga-TAR 9:30pm Fitness Fusion CH 993 1:15 PM Balance- TAR 2:30 PM Bean Bag Game (Cornhole)- Lawn Outside Terrace Aerobics Room		29 8:15 Fitness Fusion TAR 9:30 Fitness Fusion 2VCR 10:15AM Aquatics-Pool 11AM Walking Group (Meet on Patio Outside 2VCR) 1:30PM- Chair Yoga- TAR 1:30pm Balance Class CH 993		30 8 AM Mat Yoga-TAR 9:30pm Fitness Fusion CH 993 1:15 PM Balance- TAR 2:30 PM Bean Bag Game (Cornhole)- Lawn Outside 2nd Floor Vista Comm. Room		31 8:15 Fitness Fusion TAR 9:30 Fitness Fusion 2VCR 1:30pm Balance Class CH 993 1:30pm-2:30pm- Open Swim- Pool 2:30pm- Aquatics- Pool			
		Memorial Day											