

May 2018 – Open Gym Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 1:00-4:00pm	2 9:00-11:00am 1:00-4:00pm Sit & Be Fit @ 3:00pm	3 1:00-4:00pm Chair Yoga/ Stretching @ 3pm	4 9:00-11:00am	5
6	7 9:00-11:00am 1:00-4:00pm Balance & Strength @ 2:00pm	8 1:00-4:00pm	9 9:00-11:00am 1:00-4:00pm Sit & Be Fit @ 3:00pm	10 1:00-4:00pm Chair Yoga/ Stretching @ 3pm	11 9:00-11:00am	12
13	14 9:00-11:00am 1:00-4:00pm Balance & Strength @ 2:00pm	15 1:00-4:00pm	16 9:00-11:00am 1:00-4:00pm Sit & Be Fit @ 3:00pm	17 1:00-4:00pm Chair Yoga/ Stretching @ 3pm	18 9:00-11:00am	19
20	21 9:00-11:00am 1:00-4:00pm Balance & Strength @ 2:00pm	22 1:00-4:00pm	23 9:00-11:00am 1:00-4:00pm Sit & Be Fit @ 3:00pm	24 1:00-4:00pm Chair Yoga/ Stretching @ 3pm	25 9:00-11:00am	26
27	28 CLOSED	29 1:00-4:00pm	30 9:00- 11:00am 1:00- 4:00pm Sit & Be Fit @ 3:00pm	31 1:00-4:00pm Chair Yoga/ Stretching @ 3pm		

Basic Nutrition 101: Monday May 21st @ 3:30- 4:15pm

