May 2018 – Open Gym Schedule

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

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