



# May Strong Sterling

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Silver Circuit 9:15 w/Rebecca Court 2 Zumba Sentao 10:15 w/Judi (GF) Silver Yoga 10:15 w/Sue (AB)	Zumba 9:15 w/Judi (GF) Tai Chi 10:15 w/Fawn (AB) Silver Circuit 12:00 w/Rebecca Court 2	Chair Yoga 9:15 w/Dawn (AB)  Silver Classic 9:15 w/Sue Court 2	
5	6	7	8	9	10	11
	Zumba 8:15 (GF) Circuit 9:15 w/Rebecca Court 2 Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice Court 2	Zumba Toning 9:15 w/Judi (GF)  Silver Yoga 9:15 w/Sue (AB)	Silver Circuit 9:15 w/Heather Court 2 Zumba Sentao 10:15 w/Judi (GF) Silver Yoga 10:15 w/Sue (AB)	Zumba 9:15 w/Judi (GF) Tai Chi 10:15 w/Heather (AB) Silver Classic 12:00 w/Janice Court 2	Chair Yoga 9:15 w/Dawn (AB)  Silver Circuit 9:15 w/Heather Court 2	We will collect personal hygiene donations for students in need until 5/13
12	13	14	15	16	17	
	BoomMove 8:15 BoomMuscle 9:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice Court 2	Zumba Toning 9:15 w/Judi (GF)  Silver Yoga 9:15 w/Sue (AB)	Silver Circuit 9:15 w/Heather Court 2 Zumba Sentao 10:15 w/Judi (GF) Silver Yoga 10:15 w/Sue (AB)	Zumba 9:15 Tai Chi 10:15 Silver Classic 12:00  Spring Senior Social 1:15	Chair Yoga 9:15 w/Dawn (AB)  Silver Circuit 9:15 w/Rebecca Court 2	
19	20	21	22	23	24	25
	BoomMove 8:15 BoomMuscle 9:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice Court 2	Zumba 9:15 w/Rebecca (GF)  Silver Yoga 9:15 w/Sue (AB)	Silver Circuit 9:15 w/Heather Court 2 Zumba Sentao 10:15 w/Judi (GF) Silver Yoga 10:15 w/Sue (AB)	Zumba 9:15 w/Judi (GF) Tai Chi 10:15 w/Fawn (AB) Silver Classic 12:00 w/Janice Court 2	Chair Yoga 9:15 w/Dawn (AB)  Silver Circuit 9:15 w/Heather Court 2	
26	27	28	29	30	31	
	BoomMove 8:15 BoomMuscle 9:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice Court 2	Zumba Toning 9:15 w/Judi (GF)  Silver Yoga 9:15 w/Sue (AB)	Health Fair 9:15 Silver Circuit 9:30 Silver Yoga 10:00 Chair Yoga 10:30 Silver Classic 11:00 Tai Chi 12:00 Zumba	Zumba 9:15 w/Judi (GF)  Silver Classic 12:00 w/Janice Court 2	Chair Yoga 9:15 w/Dawn (AB)  Silver Circuit 9:15 w/Heather Court 2	

Join us for our Spring Senior Social May 16th 1:15

**WALK & TALK**

Mon & Thurs 11:30 Meet on the track

