

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY CC - Community Center P - Pool V - Villa Activity Room				9:00 Water Aerobics (P) 1 10:00 Zumba Gold (V) 11:00 Strength Training (V) 4:00 Water Aerobics (P)	9:00 Water Aerobics (P) 2 11:00 Balance & Flex (CC)	3
1:00 Wellness Center Open 1-5pm 4	9:00 Water Aerobics (P) 5 10:00 Cinco de Mayo Zumba (V) 11:00 Strength Training (V) 1:30 Cardio Boxing (CC)	9:00 Water Aerobics (P) 6 1:30 Tai Chi (CC) 4:00 Water Aerobics (P) 4:30 Yoga (CC)	7:00 Wellness Center Open 7am-7pm 7	9:00 Water Aerobics (P) 8 10:00 Zumba Gold (V) 11:00 Strength Training (V) 4:00 Water Aerobics (P)	9:00 Water Aerobics (P) 9 11:00 Balance & Flex (CC)	10
1:00 Wellness Center Open 1-5pm 11	9:00 Water Aerobics (P) 12 11:00 Strength Training (V) 1:30 Cardio Boxing (CC)	9:00 Water Aerobics (P) 13 1:30 Tai Chi (CC) 4:00 Water Aerobics (P) 4:30 Yoga (CC)	7:00 Wellness Center Open 7am-7pm 14	9:00 Water Aerobics (P) 15 10:00 Zumba Gold (V) 11:00 Strength Training (V)	9:00 Water Aerobics (P) 16 11:00 Balance & Flex (CC)	17
1:00 Wellness Center Open 1-5pm 18	11:00 Strength Training (V) 19 1:30 Cardio Boxing (CC)	9:00 Water Aerobics (P) 20 1:30 Tai Chi (CC) 4:00 Water Aerobics (P) 4:30 Yoga (CC)	7:00 Wellness Center Open 7am-7pm 21	9:00 Water Aerobics (P) 22 10:00 Zumba Gold (V) 11:00 Strength Training (V) 4:00 Water Aerobics (P)	9:00 Water Aerobics (P) 23 11:00 Balance & Flex (CC)	24
1:00 Wellness Center Open 1-5pm 25	7:00 Wellness Center Closed-Memorial Day 26	9:00 Water Aerobics (P) 27 1:30 Tai Chi (CC) 4:00 Water Aerobics (P) 4:30 Yoga (CC)	7:00 Wellness Center Open 7am-7pm 28	9:00 Water Aerobics (P) 29 10:00 Zumba Gold (V) 11:00 Strength Training (V)	7:00 Wellness Center Open 7am-4pm 30	31

May 2025

