

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>May 2026 Fitness Calendar</h1>					1	2
					9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni May Day	9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
3	4	5	6	7	8	9
	9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	9am Curls & Crunches - Angela 10am Boogie Lite - Angela 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie Cinco de Mayo	9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
10	11	12	13	14	15	16
 Mother's Day	9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	9am Curls & Crunches - Angela 10am Boogie Lite - Angela 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie 2:45pm Balance - Stephanie	9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
17	18	19	20	21	22	23
	9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	9am Curls & Crunches - Angela 10am Boogie Lite - Angela 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie	9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
24	25	26	27	28	29	30
	No Classes Today Holiday Memorial Day	9am Curls & Crunches - Angela 10am Boogie Lite - Angela 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie 2:45pm Balance - Stephanie	9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
31	<div style="text-align: center;">  <h2>JUBILATION</h2> <p>by Silver Companies</p> </div>					