

# May 2025 Classes and Events

SUN	MON	TUE	WED	THURS	FRI	SAT
<p><b>Hours: Monday-Thursday: 5 AM-9 PM</b>  <b>Friday: 5 AM-8 PM</b>  <b>Saturday and Sunday: 7 AM-7 PM</b></p>						<p><b>Weekend Cycle</b> 7:30-8:30 am <b>Strength &amp; Interval Training</b> 8:15-9:15 am</p>
<p>4</p>	<p>5 Minute to Win the Day 5:15-6:00 am <b>Full Body Strength</b> 8:15-9:00 am <b>Silver Sneakers</b> 9:15-10:15 am <i>Track Closed</i></p>	<p>6 Minute to Win the Day 5:15-6:00 am <b>Get Fit Tuesdays</b> 9:30-10:30 am <i>Track Closed</i></p>	<p>7 <b>Full Body Strength</b> 8:15-9:00 am <b>Silver Sneakers</b> 9:15-10:15 am Spin, Strength, Kickbox 5:45-6:25 pm <i>Track Closed</i></p>	<p>8 <b>Total Body Blast</b> 5:15-6:15 am <b>Get Fit Thursdays</b> 9:30-10:30 am <i>Track Closed</i></p>	<p>9 <b>Full Body Strength</b> 8:15-9:00 am <i>Track Closed</i></p>	<p>10 <b>Weekend Cycle</b> 7:30-8:30 am <b>Strength &amp; Interval Training</b> 8:15-9:15 am <i>Track Closed</i></p>
<p>11 <i>happy Mother's day</i> <i>Track Closed</i></p>	<p>12 Minute to Win the Day 5:15-6:00 am <b>Full Body Strength</b> 8:15-9:00 am <b>Silver Sneakers</b> 9:15-10:15 am <i>Track Closed</i></p>	<p>13 Minute to Win the Day 5:15-6:00 am <b>Get Fit Tuesdays</b> 9:30-10:30 am <i>Track Closed</i></p>	<p>14 <b>Full Body Strength</b> 8:15-9:00 am <b>Silver Sneakers</b> 9:15-10:15 am</p>	<p>15 <b>Total Body Blast</b> 5:15-6:15 am <b>Get Fit Thursdays</b> 9:30-10:30 am</p>	<p>16 <b>Full Body Strength</b> 8:15-9:00 am</p>	<p>17 <b>Weekend Cycle</b> 7:30-8:30 am <b>Total Body Strength</b> 8:15-9:15 am</p>
<p>18 </p>	<p>19 <b>Full Body Strength</b> 8:15-9:00 am <b>Silver Sneakers</b> 9:15-10:15 am</p>	<p>20 <b>Get Fit Tuesdays</b> 9:30-10:30 am  <b>Euchre</b> 1:00-3:00 pm</p>	<p>21 <b>Full Body Strength</b> 8:15-9:00 am <b>Silver Sneakers</b> 9:15-10:15 am Spin, Strength, Kickbox 5:45-6:25 pm</p>	<p>22 <b>Total Body Blast</b> 5:15-6:15 am <b>Get Fit Thursdays</b> 9:30-10:30 am</p>	<p>23 <b>Summer Hours Begin</b> <b>Full Body Strength</b> 8:15-9:00 am</p>	<p>24</p>
<p>25</p>	<p>26 Minute to Win the Day 5:15-6:00 am <b>Full Body Strength</b> 8:15-9:00 am <b>Silver Sneakers</b> 9:15-10:15 am</p>	<p>27 <b>Get Fit Tuesdays</b> 9:30-10:30 am</p>	<p>28 <b>Full Body Strength</b> 8:15-9:00 am <b>Silver Sneakers</b> 9:15-10:15 am</p>	<p>29 <b>Total Body Blast</b> 5:15-6:15 am <b>Get Fit Thursdays</b> 9:30-10:30 am</p>	<p>30 <b>Full Body Strength</b> 8:15-9:00 am</p>	<p>31 <b>Weekend Cycle</b> 7:30-8:30 am <b>Total Body Strength</b> 8:15-9:15 am</p>

**Check for Pop Up classes throughout the month!**

Class instruction may change without notice. Cancellations will be noted via social media, as soon as possible.

## Notable Dates

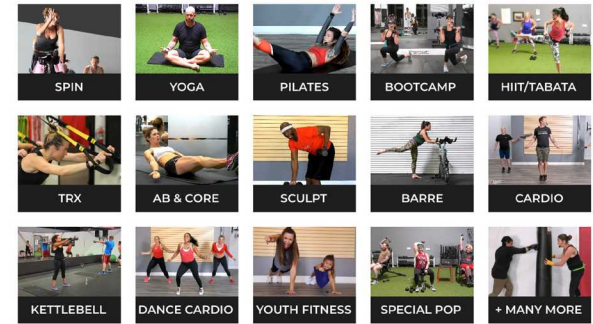
- Mental Health Awareness Month
- 1st - May Day
- 5th - Cinco de Mayo
- 6th International Nurses Day
- 11th - Mother's Day
- 26th - Memorial Day

## Notable Hours and Closings

- Track Closed - May 5th-May 13th
- Summer Hours begin - May 23rd

## Notable Events and Schedules

- Scavenger Hunt - May 5th
- T-Ball Clinic - May 10th
- Euchre - May 20th, 1:00-3:00 pm
- Bike Safety Rodeo - May 31st



## Try Our New Online Classes!

Studio Sweat OnDemand is available in the fitness room and the spin room. Instructions can be found next to the TV in each room.



## Fitness Class Announcements

We are asking all members to bring their own mats to our fitness classes.

We are also requiring sign up for the classes that are \* starred. There are limited spaces available so you must enroll to reserve your spot:

- Registration will be open all month
- Enrollment for \* classes can be done online or at the front desk.
- We ask that if you are unable to attend you let us know so we can add people from the waiting list.