



May 2021 Fitness Classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	8
	7 am – Rise & Shine #1 8:30 am – Strength/Length/Bal 10:30 am – Functionally Fit 11:00 am – Dance/Parkinson’s 11:30 am – Tang Soo Do 1 pm - Zumba	8:30 am – Muscular End. 9:30 am – Cycling 10 am – S&S Parkinson’s 10:30 am – Body Strong 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance 4 pm – Tai Chi 5 pm – Healthy Joints 5:15 pm – Limits Cycling 5:45 pm – Aqua Zumba	7 am – Rise & Shine #1 8 am – The Deep 8:30 am – Stretch & Balance 9 am – Interval Training 9:30 am – Parkinson Recovery 10 am – Core Strength 10:30 am – Functionally Fit 11 am – Chair Yoga	8 am – Sunrise Yoga 8 am – Weight Room Orient 8:30 am – Muscular End. 9:30 am – Cycling 10:30 am – Barre Fusion 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance 5 pm – Healthy Joints 5:45 pm – Aqua Zumba 6 pm – Box Fit 101	7 am – Rise & Shine #1 9 am - Cycling 10 am – Tai Chi 11 am – Tai Chi	
9	10	11	12	13	14	15
	7 am – Rise & Shine #1 8:30 am – Strength/Length/Bal 10:30 am – Functionally Fit 11:00 am – Dance/Parkinson’s 11:30 am – Tang Soo Do 1 pm - Zumba	8:30 am – Muscular End. 9:30 am – Cycling 10 am – S&S Parkinson’s 10:30 am – Body Strong 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance 3:30 pm – Weight Rm Or 4 pm – Tai Chi 5 pm – Healthy Joints 5:15 pm – Limits Cycling 5:45 pm – Aqua Zumba	7 am – Rise & Shine #1 8 am – The Deep 8:30 am – Stretch & Balance 9 am – Interval Training 9:30 am – Parkinson Recovery 10 am – Core Strength 10:30 am – Functionally Fit 11 am – Chair Yoga	8 am – Sunrise Yoga 8:30 am – Muscular End. 9:30 am – Cycling 10:30 am – Barre Fusion 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance 5 pm – Healthy Joints 5:45 pm – Aqua Zumba 6 pm – Box Fit 101	7 am – Rise & Shine #1 9 am - Cycling 10 am – Tai Chi 11 am – Tai Chi	

See the May 2021 Newsletter for class descriptions and costs.

16	17	18	19	20	21	22
	7 am – Rise & Shine #1 8:30 am – Strength/Length/Bal 10:30 am – Functionally Fit 11:00 am – Dance/Parkinsons 11:30 am – Tang Soo Do 1 pm - Zumba	8:30 am – Muscular End. 9:30 am – Cycling 10 am – S&S Parkinsons 10:30 am – Body Strong 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance 1:45 pm – Pickle Adv. 2 4 pm – Tai Chi 5 pm – Healthy Joints 5:15 pm – Limits Cycling 5:45 pm – Aqua Zumba	7 am – Rise & Shine #1 8 am – The Deep 8:30 am – Stretch & Balance 9 am – Interval Training 9:30 am – Parkinson Recovery 10 am – Core Strength 10:30 am – Functionally Fit 11 am – Chair Yoga	8 am – Sunrise Yoga 8 am – Weight Room Orient 8:30 am – Muscular End. 9:30 am – Cycling 10:30 am – Barre Fusion 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance 5 pm – Healthy Joints 5:45 pm – Aqua Zumba 6 pm – Box Fit 101	7 am – Rise & Shine #1 9 am - Cycling 10 am – Tai Chi 11 am – Tai Chi Noon – Pickle Beg Clinic 2	
23	24	25	26	27	28	29
	7 am – Rise & Shine #2 8:30 am – Strength/Length/Bal 10:30 am – Functionally Fit 11:00 am – Dance/Parkinsons 11:30 am – Tang Soo Do 1 pm - Zumba	8:30 am – Muscular End. 9:30 am – Cycling 10 am – S&S Parkinsons 10:30 am – Body Strong 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance 3:30 pm – Weight Rm Or 4 pm – Tai Chi 5 pm – Healthy Joints 5:15 pm – Limits Cycling 5:45 pm – Aqua Zumba	7 am – Rise & Shine #2 8 am – The Deep 8:30 am – Stretch & Balance 9 am – Interval Training 9:30 am – Parkinson Recovery 10 am – Core Strength 10:30 am – Functionally Fit 11 am – Chair Yoga	8 am – Sunrise Yoga 8:30 am – Muscular End. 9:30 am – Cycling 10:30 am – Barre Fusion 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance 3 pm – Tai Chi Demo 5 pm – Healthy Joints 5:45 pm – Aqua Zumba 6 pm – Box Fit 101	7 am – Rise & Shine #2 9 am - Cycling 10 am – Tai Chi 11 am – Tai Chi	
30	31					
	BUILDING CLOSED	Registration is <u>required</u> through <i>MyActiveCenter</i> (preferred) or by calling 248.608.0251 on Mon. – Thurs. 9 am – 3 pm Fri. 9 am – noon - <i>Don't wait to register - Limited capacity</i>				