



MAY 2024 FITNESS CALENDAR



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Walk for Health 9a Adv. Silver Sneakers 10:30a Track Fitness 6:30p	2 Silver Sneakers 10:30a Step and Strength 6:30p	3 Gentle Yoga 9:30a	4
5	6 20-20-20 8:30a Adv. Silver Sneakers 10:30a Tabata 5:30p	7 Stability and Stretch 8:30a Silver Sneakers 10:30a	8 Walk for Health 9am Adv. Silver Sneakers 10:30a Track Fitness 6:30p	9 Silver Sneakers 10:30a Step and Strength 6:30p	10 Gentle Yoga 9:30a	11
12	13 20-20-20 8:30a Adv. Silver Sneakers 10:30a Tabata 5:30p	14 Stability and Stretch 8:30a Silver Sneakers 10:30a	15 Walk for Health 9a Adv. Silver Sneakers 10:30a Track Fitness 6:30p	16 Silver Sneakers 10:30a Step and Strength 6:30p	17	18
19	20 20-20-20 8:30a Adv. Silver Sneakers 10:30a Tabata 5:30p	21 Stability and Stretch 8:30a	22 Walk for Health 9am Adv. Silver Sneakers 10:30a Track Fitness 6:30p	23 Step and Strength 6:30p	24 Gentle Yoga 9:30a	25
26 CLOSED	27 CLOSED 	28 Stability and Stretch 8:30a Silver Sneakers 10:30a	29 Walk for Health 9a Adv. Silver Sneakers 10:30a Track Fitness 6:30p	30 Silver Sneakers 10:30a Step and Strength 6:30p	31 Gentle Yoga 9:30a	

Flat Rock Community Center reserves the right to change this schedule as needed.