

May 2025 Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 8:30am-7pm	2 9am- 12pm
			11am- GED Classes(1) 2pm- Weight Training (2)	
5 8:30am- 7pm	6 8:30am-7pm	7 8:30am-7pm	8 8:30am-7pm	9 9am-12pm
9am- Gentle Yoga (2) 10am- Zumba (1) 1pm- Pilates (1) 4pm- Life Skills (2) 5pm- Zumba (1) 5:30pm- Creative Cooking (1)	10am- Spin (1) 12pm- Creative Cooking (1) 2pm- Learn and play (2) 4pm- Biblical Counseling (1)	9am-Walking group- Outdoors (1) 10am- Chair Yoga (2) 5pm- Weight Training (2)	10am- Citizenship Class (1) 11am- GED Classes(1) 1pm- Pilates (1) 2pm- Weight Training (2) 4pm- Mothers day Craft (1)	9am- Pilates (1) 9:30am- HIIT with Dalia (1) 10am- Spin (1)
12 8:30am- 7pm	13 8:30am- 7pm	14 8:30am- 7pm	15 8:30am- 7pm	16 9am-12pm
9am- Gentle Yoga (2) 10am- Zumba (1) 1pm- Pilates (1) 4pm- Life Skills (2) 5pm- Zumba (1) 5:30pm- Creative Cooking (1)	9am- First aid safety (2) 10am- Spin (1) 12pm- Creative Cooking (1) 2pm- Mental Wellness craft (1) 4pm- Biblical Counseling (1)	9am-Walking group-Outdoors (2) 10am- Chair Yoga (2) 2pm- Mental Wellness Journal (1) 5pm- Weight Training (2)	2pm- Weight Training (2) 1pm- Pilates (1) 2pm- Weight Training (2) 3pm- Art (1)	9am- Pilates (1) 9:30am- HIIT with Dalia (1) 10am- Spin (1)
19 8:30am-7pm	20 8:30am-7pm	21 8:30am-7pm	22 8:30am-7pm	23 9am-12pm
9am- Gentle Yoga (2) 10am- Zumba (1) 1pm- Pilates (1) 4pm- Life Skills (2) 5pm- Zumba (1) 5:30pm- Creative Cooking (1)	9:20am- Measles Information (2) 10am- Spin (1) 12pm- Creative Cooking (1) 2pm- Learn and play (2)	9am- Stress management (2) 10am- Chair yoga (2) 2pm- Mental Wellness Journal (1) 5pm- Weight Training (2)	10am- Citizenship Class (1) 10am- Body Language (2) 1pm- Pilates (1) 2pm- Weight Training (2)	9am- Pilates (1) 9:30am- HIIT with Dalia (1) 10am- Spin (1)
26 8:30am-7pm	27 8:30am-7pm	28 8:30am-7pm	29 8:30am-7pm	30 9am-12pm
CLOSED	9am- Bible Study (2) 10am- Spin (1) 2pm- Mental Wellness craft (1) 5pm- Weight Training (2)	9am- Walking group Outdoors (1) 10am- Chair Yoga (2) 2pm- Workout with bands(1) 5pm- Weight Training (2)	9am- Walking group- outdoors (1) 1pm- Pilates (1) 2pm- Weight Training (2) 4pm- Parent Cafe (2)	9am- Pilates (1) 9:30am- HIIT with Dalia (1) 10am- Spin (1)