

# May Everfit & Exercise



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31					1	2
<b>Balloon Bop &amp; Cornhole</b>					<b>Seated Movement &amp; Stretching</b>	<b>Seated Thai Chi</b>
3	4	5	6	7	8	9
<b>Zen Meditation</b>	<b>Movement &amp; Cardio with Marshal</b>	<b>Zumba with Claudia</b>	<b>Walking Group</b>	<b>Zumba with Claudia</b>	<b>Seated Yoga &amp; Deep Breathing</b>	<b>Thai Chi &amp; Stretching</b>
10	11	12	13	14	15	16
<b>Balloon Bop</b>	<b>Movement &amp; Cardio with Marshal</b>	<b>Zumba with Claudia</b>	<b>PT with Christy</b>	<b>Zumba with Claudia</b>	<b>Seated Stretches</b>	<b>Thai Chi &amp; Yoga</b>
17	18	19	20	21	22	23
<b>Slow Tempo Movement</b>	<b>Movement &amp; Cardio with Marshal</b>	<b>Zumba with Claudia</b>	<b>Walking Group</b>	<b>Zumba with Claudia</b>	<b>Seated Yoga &amp; Meditation</b>	<b>Thai Chi &amp; Deep Breathing</b>
24	25	26	27	28	29	30
<b>Seated Stretches</b>	<b>Movement &amp; Cardio with Marshal</b>	<b>Zumba with Claudia</b>	<b>PT with Christy</b>	<b>Zumba with Claudia</b>	<b>Seated Stretching &amp; Meditation</b>	<b>Thai Chi &amp; Deep Breathing</b>

*The Difference Between Living and Living Well*