

May Fitness Calendar

2026



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|-----------|--|-----------|----------------------------|---|
| | | | | | 1 | 2 |
| | | | | | 10:00 Walking Group | 10:00 AAFC: Seated Fitness Class |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 6:00 Calming Stretch at Bedtime | 10:00 Morning Stretch Class | | 2:00 AAFC: Seated Fitness Class | | 10:00 Walking Group | 10:00 AAFC: Seated Fitness Class |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 6:00 Calming Stretch at Bedtime | 10:00 Morning Stretch Class | | 2:00 AAFC: Seated Fitness Class | | 10:00 Walking Group | 10:00 AAFC: Seated Fitness Class |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 6:00 Calming Stretch at Bedtime | 10:00 Morning Stretch Class | | 2:00 AAFC: Seated Fitness Class | | 10:00 Walking Group | 10:00 AAFC: Seated Fitness Class |
| 24 | 25 | 26 | 27 | 28 | 29 | 30/31 |
| 6:00 Calming Stretch at Bedtime | 10:00 Morning Stretch Class 1:30 Lawn Games | | 2:00 AAFC: Seated Fitness Class | | 10:00 Walking Group | 30th: 10:00 AAFC: Seated Fitness Class 31st: 6:00 Calming Stretch at Bedtime |

The Difference Between Living and Living Well