

May

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					10:15 Cornhole	Indoor/Outdoor Walking (RL)
3	4	5	6	7	8	9
Indoor/Outdoor Walking (RL)	1pm Zumba	9am Fitness Focus 1pm Zumba 3pm Walk w/ LED	1pm Zumba	9am Fitness Focus	10:15 Cornhole	Indoor/Outdoor Walking (RL)
10	11	12	13	14	15	16
Indoor/Outdoor Walking (RL)	1pm Zumba	9am Fitness Focus 1pm Zumba 3pm Walk w/ LED	11:15am Gentle Stretch 1pm Zumba 3pm Balloon Ball	9am Fitness Focus	10:15 Cornhole	Indoor/Outdoor Walking (RL)
17	18	19	20	21	22	23
Indoor/Outdoor Walking (RL)	1pm Zumba	9am Fitness Focus 1pm Zumba 3pm Walk w/ LED	11:15am Gentle Stretch 1pm Zumba 3pm Balloon Ball	9am Fitness Focus	10:15 Cornhole	Indoor/Outdoor Walking (RL)
24	25	26	27	28	29	30/31
Indoor/Outdoor Walking (RL)	1pm Zumba	9am Fitness Focus 1pm Zumba 3pm Walk w/ LED	11:15am Gentle Stretch 1pm Zumba 3pm Balloon Ball	9am Fitness Focus	10:15 Cornhole	Indoor/Outdoor Walking (RL)



Cascade Living Group

The Difference Between Living and Living Well