

SUN	MON	TUE	WED	THUR	FRI	SAT		
<b>LOCATION KEY</b> AR - Aerobics Room 973 - Channel 973 FC - Fitness Center JAC - Jefferson Aquatic Center	WC - Wellness Center		10:00 Aqua Balance and Strength (JAC) <b>1</b> 10:30 Smart Bells (AR) 1:30 Posture 101 (AR) 3:00 ABC's (AR) 3:35 Quick Core (AR)	8:30 Morning Core (973) <b>2</b> 10:00 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:05 Quick Core (AR) 1:00 Yoga with Mary Beth Ansell (AR) 1:00 Outdoor Cornhole & Bocce Ball (Outdoors)	8:30 Walking Group (FC) <b>3</b> 10:30 Smart Bells (AR) 11:15 Cornhole (AR) 1:00 Shuffleboard (AR) 2:00 Line Dancing (AR) 2:00 Fitness Open Consultations (WC)			
<b>Cinco de Mayo</b> <b>5</b>	8:30 Tai Chi (973) <b>6</b> 10:00 Aquafit (JAC) 10:30 Smart Bells (AR) 11:05 Quick Core (AR) 1:00 Brain Boosters - Sports Themed! (AR) 3:00 ABC's (AR)	8:30 Walking Group (FC) <b>7</b> 10:00 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:15 Cornhole (AR) 2:00 Wii Sports Games (AR)	10:00 Aqua Balance and Strength (JAC) <b>8</b> 10:30 Smart Bells (AR) 1:30 Posture 101 (AR) 3:00 ABC's (AR) 3:35 Quick Core (AR)	8:30 Morning Core (973) <b>9</b> 10:00 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:05 Quick Core (AR) 1:00 Yoga with Mary Beth Ansell (AR)	8:30 Walking Group (FC) <b>10</b> 10:30 Smart Bells (AR) 11:15 Cornhole (AR) 2:00 Fitness Open Consultations (WC)		<b>11</b>	
<b>Mother's Day</b> <b>12</b>	8:30 Tai Chi (973) <b>13</b> 10:00 Aquafit (JAC) 10:30 Smart Bells (AR) 11:05 Quick Core (AR) 1:00 Brain Boosters (AR) 3:00 ABC's (AR)	8:30 Walking Group (FC) <b>14</b> 10:00 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:15 Cornhole (AR)	10:00 Aqua Balance and Strength (JAC) <b>15</b> 10:30 Smart Bells (AR) 1:30 Posture 101 (AR) 3:00 ABC's (AR) 3:35 Quick Core (AR)	8:30 Morning Core (973) <b>16</b> 10:00 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:05 Quick Core (AR) 1:00 Yoga with Mary Beth Ansell (AR)	8:30 Walking Group (FC) <b>17</b> 10:30 Smart Bells (AR) 11:15 Cornhole (AR) 2:00 Line Dancing (AR) 2:00 Fitness Open Consultations (WC)		<b>18</b>	
	<b>19</b>	8:30 Tai Chi (973) <b>20</b> 10:00 Aquafit (JAC) 10:30 Smart Bells (AR) 11:05 Quick Core (AR) 1:00 Brain Boosters (AR) 3:00 ABC's (AR)	8:30 Walking Group (FC) <b>21</b> 10:00 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:15 Cornhole (AR)	10:00 Aqua Balance and Strength (JAC) <b>22</b> 10:30 Smart Bells (AR) 1:30 Posture 101 (AR) 3:00 ABC's (AR) 3:35 Quick Core (AR)	8:30 Morning Core (973) <b>23</b> 10:00 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:05 Quick Core (AR) 1:00 Yoga with Mary Beth Ansell (AR)	8:30 Walking Group (FC) <b>24</b> 10:30 Smart Bells (AR) 11:15 Cornhole (AR) 2:00 Fitness Open Consultations (WC)		<b>25</b>
	<b>26</b>	<b>Memorial Day</b> <b>27</b>	8:30 Walking Group (FC) <b>28</b> 10:00 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:15 Cornhole (AR)	<b>National Senior Health &amp; Fitness Day</b> <b>29</b> 8:00 National Senior Health & Fitness Day 9:10 Guided Group Walk at Tuckahoe Creek Park 11:00 No Fall Volleyball! 2:30 Wellness Social Hour	8:30 Morning Core (973) <b>30</b> 10:00 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:05 Quick Core (AR) 1:00 Yoga with Mary Beth Ansell (AR)	8:30 Walking Group (FC) <b>31</b> 10:30 Smart Bells (AR) 11:15 Cornhole (AR) 2:00 Fitness Open Consultations (WC)		

# May 2024

## Fitness Classes

NIFS Fitness Director - 804-521-9266

