

Monday

Tuesday


Wednesday

Thursday

Friday

May 2026

WELLNESS CALENDAR

					<p>9am-Water Aerobics 1</p> <p>10am-Strength & Balance</p> <p>11am-Strength & Balance</p>
<p>9am-Water Aerobics 4</p> <p>10am-Strength & Balance</p> <p>11:15am-Water Walking</p> <p>3-5pm-Billardards w/ George</p>	<p>9-11am-Open Swim 5</p> <p>11am-Cardio Drums</p> <p>1pm-Chair Volleyball</p> <p>1-3pm-Open Swim</p> <p>3-5pm-Billardards w/George</p>	<p>9am-Water Aerobics 6</p> <p>10am-Strength & Balance</p> <p>11:15am-Water Walking</p> <p>3-5pm-Billardards w/ George</p>	<p>9-11am-Open Swim 7</p> <p>11am-Cardio Drums</p> <p>1pm-Chair Volleyball</p> <p>1-3pm-Open Swim</p> <p>3-5pm-Billardards w/George</p>	<p>9am-Water Aerobics 8</p> <p>10am-Strength & Balance</p> <p>11am-Strength & Balance</p>	
<p>9am-Water Aerobics 11</p> <p>10am-Strength & Balance</p> <p>11:15am-Water Walking</p> <p>3-5pm-Billardards w/ George</p>	<p>9-11am-Open Swim 12</p> <p>11am-Cardio Drums</p> <p>1pm-Chair Volleyball</p> <p>1-3pm-Open Swim</p> <p>3-5pm-Billardards w/George</p>	<p>9am-Water Aerobics 13</p> <p>10am-Strength & Balance</p> <p>11:15am-Water Walking</p> <p>3-5pm-Billardards w/ George</p>	<p>9-11am-Open Swim 14</p> <p>11am-Cardio Drums</p> <p>1pm-Chair Volleyball</p> <p>1-3pm-Open Swim</p> <p>3-5pm-Billardards w/George</p>	<p>9am-Water Aerobics 15</p> <p>10am-Strength & Balance</p> <p>11am-Strength & Balance</p>	
<p>9am-Water Aerobics 18</p> <p>10am-Strength & Balance</p> <p>11:15am-Water Walking</p> <p>3-5pm-Billardards w/ George</p>	<p>9-11am-Open Swim 19</p> <p>10:30-12:30- Greenway Walk & Green Goat lunch (Reservation Only)</p> <p>1pm-Chair Volleyball</p> <p>1-3pm-Open Swim</p> <p>3-5-Billiards w/George</p>	<p>9am-Water Aerobics 20</p> <p>10am-Strength & Balance</p> <p>11:15am-Water Walking</p> <p>3-5pm-Billardards w/ George</p>	<p>9-11am-Open Swim 21</p> <p>11am-Cardio Drums</p> <p>1pm-Chair Volleyball</p> <p>1-3pm-Open Swim</p> <p>3-5pm-Billardards w/George</p>	<p>9am-Water Aerobics 22</p> <p>10am-Strength & Balance</p> <p>11am-Strength & Balance</p>	
<p>25</p> <p>HAPPY MEMORIAL DAY!</p> <p>NO CLASSES!</p>	<p>9-11am-Open Swim 26</p> <p>9:30-12:45-Mill Mountain Zoo & Mission BBQ lunch (Reservation Only)</p> <p>1pm-Chair Volleyball</p> <p>1-3pm Open Swim</p> <p>3-5-Billardards w/George</p>	<p>9am-Water Aerobics 27</p> <p>10am-Strength & Balance</p> <p>11:15am-Water Walking</p> <p>3-5pm-Billardards w/ George</p>	<p>9-11am-Open Swim 28</p> <p>11am-Cardio Drums</p> <p>1pm-Chair Volleyball</p> <p>1-3pm-Open Swim</p> <p>3-5pm-Billardards w/George</p>	<p>9am-Water Aerobics 29</p> <p>10am-Strength & Balance</p>	

Contact Michelle for **GYM ORIENTATION** or questions 540-777-1459 or email mpotter@friendship.us