



# May 2019 Social Hall Schedule

| Sun   | Mon   | Tue  | Wed   | Thu                                       | Fri   | Sat  |
|---|---|--|---|---|---|--|
| <p><b>Times not designated are for<br/>"Open Use"</b></p> <p><b>However, the schedule could<br/>change without prior notice</b></p> |   |  | <p><b>1</b><br/>8:30am - 9:15am<br/>SilverSneakers<br/>9:30am - 10:15am<br/>Group Strength<br/><br/>6:15pm -7pm<br/>Group Strength</p>  | <p><b>2</b><br/>7pm - 8pm<br/>TABATA</p>  | <p><b>3</b><br/>8:30am - 9:15am<br/>SilverSneakers<br/>9:30am - 10:15am<br/>Group Strength<br/><br/>6:15pm -7pm<br/>Group Strength</p>  | <p><b>4</b><br/>7:10am - 7:50am<br/>Spin Class<br/>12pm - 1pm<br/>Adult Martial Arts<br/>1pm - 2pm<br/>Youth Martial Arts</p>  |
| <p><b>5</b><br/>Open</p>  | <p><b>6</b><br/>8:30am - 9:15am<br/>SilverSneakers<br/>9:30am - 10:15am<br/>Group Strength<br/>10:15am - 11:15am<br/>Cardio Kickboxing<br/><br/>6:15pm -7pm<br/>Group Strength</p>  | <p><b>7</b><br/>6:30pm - 7:30pm<br/>Cardio Kickboxing</p>  | <p><b>8</b><br/>8:30am - 9:15am<br/>SilverSneakers<br/>9:30am - 10:15am<br/>Group Strength<br/><br/>6:15pm -7pm<br/>Group Strength</p>  | <p><b>9</b><br/>7pm - 8pm<br/>TABATA</p>  | <p><b>10</b><br/>8:30am - 9:15am<br/>SilverSneakers<br/>9:30am - 10:15am<br/>Group Strength<br/><br/>6:15pm -7pm<br/>Group Strength</p> | <p><b>11</b><br/>7:10am - 7:50am<br/>Spin Class<br/>12pm - 1pm<br/>Adult Martial Arts<br/>1pm - 2pm<br/>Youth Martial Arts</p> |
| <p><b>12</b><br/>Open</p>   | <p><b>13</b><br/>8:30am - 9:15am<br/>SilverSneakers<br/>9:30am - 10:15am<br/>Group Strength<br/>10:15am - 11:15am<br/>Cardio Kickboxing<br/><br/>6:15pm -7pm<br/>Group Strength</p> | <p><b>14</b><br/>6:30pm - 7:30pm<br/>Cardio Kickboxing</p> | <p><b>15</b><br/>8:30am - 9:15am<br/>SilverSneakers<br/>9:30am - 10:15am<br/>Group Strength<br/><br/>6:15pm -7pm<br/>Group Strength</p> | <p><b>16</b><br/>7pm - 8pm<br/>TABATA</p> | <p><b>17</b><br/>8:30am - 9:15am<br/>SilverSneakers<br/>9:30am - 10:15am<br/>Group Strength<br/><br/>6:15pm -7pm<br/>Group Strength</p> | <p><b>18</b><br/>7:10am - 7:50am<br/>Spin Class<br/>12pm - 1pm<br/>Adult Martial Arts<br/>1pm - 2pm<br/>Youth Martial Arts</p> |
| <p><b>19</b><br/>Open</p>   | <p><b>20</b><br/>8:30am - 9:15am<br/>SilverSneakers<br/>9:30am - 10:15am<br/>Group Strength<br/>10:15am - 11:15am<br/>Cardio Kickboxing<br/><br/>6:15pm -7pm<br/>Group Strength</p> | <p><b>21</b><br/>6:30pm - 7:30pm<br/>Cardio Kickboxing</p> | <p><b>22</b><br/>8:30am - 9:15am<br/>SilverSneakers<br/>9:30am - 10:15am<br/>Group Strength<br/><br/>6:15pm -7pm<br/>Group Strength</p> | <p><b>23</b><br/>7pm - 8pm<br/>TABATA</p> | <p><b>24</b><br/>8:30am - 9:15am<br/>SilverSneakers<br/>9:30am - 10:15am<br/>Group Strength<br/><br/>6:15pm -7pm<br/>Group Strength</p> | <p><b>25</b><br/>7:10am - 7:50am<br/>Spin Class<br/>12pm - 1pm<br/>Adult Martial Arts<br/>1pm - 2pm<br/>Youth Martial Arts</p> |
| <p><b>26</b><br/>Open</p>   | <p><b>27</b><br/>Holiday Hours<br/>HCC Open<br/>7am to 3pm<br/><br/></p>                         | <p><b>28</b><br/>6:30pm - 7:30pm<br/>Cardio Kickboxing</p> | <p><b>29</b><br/>8:30am - 9:15am<br/>SilverSneakers<br/>9:30am - 10:15am<br/>Group Strength<br/><br/>6:15pm -7pm<br/>Group Strength</p> | <p><b>30</b><br/>7pm - 8pm<br/>TABATA</p> | <p><b>31</b><br/>8:30am - 9:15am<br/>SilverSneakers<br/>9:30am - 10:15am<br/>Group Strength<br/><br/>6:15pm -7pm<br/>Group Strength</p> |  |