



The Answer Fitness Classes & Events

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Yoga Flow 8 – 9 AM @ Old Mill Park Kid's Dance Classes 4 PM- Pre-K 5 PM-K-2	2 BOOM Muscle 8:55-9:25 AM BOOM Move 9:30-10 AM Beginner Pickle Ball 10:30 – 12:30 PM Girls Only Strength 5-6 PM TOPS 5:30 PM National Day of Prayer	3	4
5	6 Yoga Flow 8:00-9:00AM @ Old Mill Park TOPS 10 AM	7 BOOM Muscle 8:55-9:25 AM BOOM Move 9:30-10 AM Beginner Pickle Ball 10:30 – 12:30 PM Girls Only Strength 5-6 PM	8 Yoga Flow 8 – 9 AM @ Old Mill Park Kid's Dance Classes 4 PM- Pre-K 5 PM-K-2	9 BOOM Muscle 8:55-9:25 AM BOOM Move 9:30-10 AM Beginner Pickle Ball 10:30 – 12:30 PM Girls Only Strength 5-6 PM TOPS 5:30 PM	10	11
12 	13 Yoga Flow 8:00-9:00AM @ Old Mill Park TOPS 10 AM	14 BOOM Muscle 8:55-9:25 AM BOOM Move 9:30-10 AM Beginner Pickle Ball 10:30 – 12:30 PM Girls Only Strength 5-6 PM	15 Yoga Flow 8 – 9 AM @ Old Mill Park Kid's Dance Classes 4 PM- Pre-K 5 PM-K-2	16 BOOM Muscle 8:55-9:25 AM BOOM Move 9:30-10 Beginner Pickle Ball 10:30 – 12:30 PM Girls Only Strength 5-6 PM TOPS 5:30 PM	17	18
19	20 Yoga Flow 8:00-9:00AM @ Old Mill Park TOPS 10 AM	21 BOOM Muscle 8:55-9:25 AM BOOM Move 9:30-10 AM Beginner Pickle Ball 10:30 – 12:30 PM Girls Only Strength 5-6 PM	22 Yoga Flow 8 – 9 AM @ Old Mill Park Kid's Dance Classes 4 PM- Pre-K 5 PM-K-2	23 BOOM Muscle 8:55-9:25 AM BOOM Move 9:30-10 Beginner Pickle Ball 10:30 – 12:30 PM Girls Only Strength 5-6 PM TOPS 5:30 PM	24	25
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