

Wellness Calendar



Marjorie P. Lee — May 2025

Sun-day	Monday	Tuesday	Wednesday	Thursday	Friday	Satur-day
				1 Balance Class 10:15-10:30am (CH) Chair Class 10:30-11:15am (CH)	2 Aqua Aerobics 9:30am-10:15am Zoom Chair Class 10:45am	3
4	5 Chair Yoga 10:00-10:45am (EC) Aqua Aerobics 2:30pm-3:15pm	6 Balance Class 10:15-10:30am (CH) Chair Class 10:30-11:15am (CH)	7 Tai Chi Flow 10-10:45am (EC) Zoom Chair Class 10:45am	8 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	9 Aqua Aerobics 9:30am-10:15am Zoom Chair Class 10:45am	10
11	12 Chair Yoga 10:00-10:45am (EC) Aqua Aerobics 2:30-pm3:15pm	13 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	14 Tai Chi Flow 10-10:45am (EC) Zoom Chair Class 10:45am	15 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	16 Aqua Aerobics 9:30am-10:15am Zoom Chair Class 10:45am	17
18	19 Chair Yoga 10:00-10:45am (EC) Aqua Aerobics 2:30-pm3:15pm	20 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	21 Tai Chi Flow 10-10:45am (EC) Zoom Chair Class 10:45am	22 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	23 Aqua Aerobics 9:30am-10:15am Zoom Chair Class 10:45am	24
25	26  MEMORIAL DAY No Classes No Staff on Duty Pools Closed	27 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	28 Tai Chi Flow 10-10:45am (EC) Zoom Chair Class 10:45am	29 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	30 Aqua Aerobics 9:30am-10:15am Zoom Chair Class 10:45am	31
						

Marjorie P. Lee Fitness Zone: (513) 553-5092