



# MAY 2026 FITNESS CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 <b>CLOSED</b>	4 Yoga 6a-6:45a 20/20/20 9a-10a Chair Yoga 10:30a-11:15a SS Classic 11:45a - 12:30p	5 SS Classic 10:30a-11:15a BOOM Muscle 11:30a-12p Master the Machines 1p-2p SS Classic 2:30p-3:15p	6 Stability and Stretch 9a-10a SS Classic 10:30a-11:15a Yoga 5:30p-6:15p	7 20/20/20 9a-10a SS Classic 10:30a-11:15a SS Classic 11:45a-12:30p Master the Machines 1p-2p	8	9
10 <b>CLOSED</b>	11 Yoga 6a-6:45a 20/20/20 9a-10a Chair Yoga 10:30a-11:15a SS Classic 11:45a - 12:30p	12 SS Classic 10:30a-11:15a BOOM Muscle 11:30a-12p Master the Machines 1p-2p SS Classic 2:30p-3:15p	13 Stability and Stretch 9a-10a SS Classic 10:30a-11:15a Yoga 5:30p-6:15p	14 20/20/20 9a-10a SS Classic 10:30a-11:15a SS Classic 11:45a-12:30p Master the Machines 1p-2p	15	16
17 <b>CLOSED</b>	18 Yoga 6a-6:45a 20/20/20 9a-10a Chair Yoga 10:30a-11:15a SS Classic 11:45a - 12:30p	19 SS Classic 10:30a-11:15a BOOM Muscle 11:30a-12p Master the Machines 1p-2p SS Classic 2:30p-3:15p	20 Stability and Stretch 9a-10a SS Classic 10:30a-11:15a Yoga 5:30p-6:15p	21 20/20/20 9a-10a SS Classic 10:30a-11:15a SS Classic 11:45a-12:30p Master the Machines 1p-2p	22	23
24 <b>CLOSED</b> <hr/> 31 <b>CLOSED</b>	25 <b>CLOSED</b>	26	27	28	29	30

FLAT ROCK COMMUNITY CENTER RESERVES THE RIGHT TO CHANGE THIS SCHEDULE AS NEEDED.