

# WELLNESS CENTER CALENDAR

Mon	Tue	Wed	Thu	Fri
		1 Balance Class Resistance Class Corn Toss (WC) Core Crunch (New Class)	2 W.E.L.L.- Fitness Group Balance Class Strength Class Tai Chi Class Blood Pressure Screenings	3 Balance Class Chair Class Corn Toss (WC)
6 Balance Class Chair Class Core Crunch (New Class)	7 Chair Yoga (MR) Balance Class Strength Class	8 Balance Class Resistance Class Corn Toss (WC) Core Crunch (New Class)	9 W.E.L.L.- Fitness Group Balance Class Strength Class Tai Chi Class Blood Pressure Screenings	10 Balance Class Chair Class Corn Toss (WC)
13 Balance Class Chair Class Core Crunch (New Class)	14 Chair Yoga (MR) Balance Class Strength Class	15 Balance Class Resistance Class Corn Toss (WC) Core Crunch (New Class)	16 W.E.L.L.- Fitness Group Balance Class Strength Class Tai Chi Class Blood Pressure Screenings	17 Balance Class Chair Class Corn Toss (WC)
20 Balance Class Chair Class Core Crunch (New Class)	21 Chair Yoga (MR) Balance Class Strength Class	22 Balance Class Resistance Class Corn Toss (WC) Core Crunch (New Class)	23 W.E.L.L.- Fitness Group Balance Class Strength Class Tai Chi Class	24 Balance Class Chair Class Corn Toss Tournament: Terre Haute Westminster Village – Bus leaves @ a.m.
27 Memorial Day – No Classes	28 Chair Yoga (MR) Balance Class Strength Class	29 Balance Class Resistance Class National Senior Health and Fitness Day	30 W.E.L.L.- Fitness Group Balance Class Strength Class Tai Chi Class Blood Pressure Screenings	31 Balance Class Chair Class Corn Toss (WC)