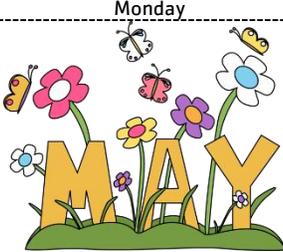




May 2019 Active Adult Calendar

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		30	1 9:00-10:00 SS Cardio 10:15-11:00 Cardio Lite 12:10- 1:10 Strength Lite 2:00 – 3:00 Ballroom Dance 4:00- 5:00 Chi Kung 7:00 – 8:00 Zumba	2 5:45- 6:40 Yoga 10:00-11:00 Zumba 10:45-11:45 Yoga 11:00-12:00 Zumba Strong 12:00- 1:00 Classic 1:10- 2:10 Yoga (Chair) 7:30- 9:30 Pickleball	3 8:30- 9:30 Zumba Gold 9:45- 10:30 Zumba Toning 10:45-11:45 Yoga 10:45-11:45 Circuit 12:00- 1:00 Classic 12:00-12:45 Cardio Dance	4 7:45- 8:45 Tai Chi 9:00-10:00 Yoga 9:15-10:15 Zumba HEALTHY KIDS DAY 9AM-12PM CAR SHOW 9AM-1PM
5 2:00-4:00 Pickleball 2:30-3:30 Body Flow/Power Yoga	6 SALAD MONTH CELEBRATION 9:15- 10:30 Yoga 9:45- 10:30 Zumba Toning 10:45- 11:45 Circuit 12:00 - 1:00 Classic 12:00- 12:45 Cardio Dance 12:15- 1:00 Beg Belly Dancing 6:30- 7:45 Yoga 6:45- 7:45 Zumba	7 5:45- 6:40 Yoga 10:00- 10:30 Meditation 10:00- 11:00 Zumba 10:45- 11:45 Yoga 12:15- 1:15 Belly Dancing 12:00- 1:00 SS Classic 1:10- 2:10 Yoga (Chair) 4:00- 4:50 Tai Chi	8 9:00 – 10:00 Cardio 10:15-11:00 Cardio Lite 12:10- 1:10 Strength Lite 2:00 – 3:00 Ballroom Dance 4:00- 5:00 Chi Kung 7:00 – 8:00 Zumba	9 5:45- 6:40 Yoga 10:00-11:00 Zumba 10:45-11:45 Yoga 11:00-12:00 Zumba Strong 12:00 LUNCH AND LEARN 12:00- 1:00 Classic 1:10- 2:10 Yoga (Chair) 7:30- 9:30 Pickleball	10 8:30- 9:30 Zumba Gold 9:45- 10:30 Zumba Toning 10:45-11:45 Yoga 10:45-11:45 Circuit 12:00- 1:00 Classic 12:00-12:45 Cardio Dance	11 7:45- 8:45 Tai Chi 9:00-10:00 Yoga 9:15-10:15 Zumba
12 MOTHER'S DAY 2:00-4:00 Pickleball 2:30-3:30 Body Flow/Power Yoga HAPPY MOTHER'S DAY TO ALL OUR MOMS!!	13 9:15- 10:30 Yoga 9:45- 10:30 Zumba Toning 10:45- 11:45 Circuit 12:00- 1:00 Classic 12:00- 12:45 Cardio Dance 12:15- 1:15 Beg Belly Dance 7:00- 8:00 Zumba	14 5:45- 6:40 Yoga 10:00- 10:30 Meditation 10:00- 11:00 Zumba 10:45- 11:45 Yoga 12:15- 1:15 Belly Dancing 12:00- 1:00 SS Classic 1:10- 2:10 Yoga (Chair) 2:00 BOOK CLUB 7:00- 8:00 Zumba	15 9:00-10:00 Cardio 9:00 – 12:00 HEALTH FAIR 10:15-11:00 Cardio Lite 12:10- 1:10 Strength Lite 2:00 – 3:00 Ballroom Dance 4:00- 5:00 Chi Kung 7:00 – 8:00 Zumba	16 5:45- 6:40 Yoga 10:00-11:00 Zumba 10:45-11:45 Yoga 11:00-12:00 Zumba Strong 12:00- 1:00 SS Classic 1:10- 2:10 Yoga (Chair) 7:30- 9:30 Pickleball	17 WEAR YELLOW FOR LIVESTRONG DAY 8:30- 9:30 Zumba Gold 9:45- 10:30 Zumba Toning 10:45-11:45 Yoga 10:45-11:45 Circuit 12:00- 1:00 Classic 12:00-12:45 Cardio Dance	18 7:45- 8:45 Tai Chi 9:00-10:00 Yoga 9:15-10:15 Zumba
19 1:00 PAINTING PARTY 2:00-4:00 Pickleball 2:30-3:30 Body Flow/Power Yoga	20 9:15- 10:30 Yoga 9:45- 10:30 Zumba Toning 10:45- 11:45 Circuit 12:00- 1:00 Classic 12:00- 12:45 Cardio Dance 2:00 MOVIE MATINEE 7:00- 8:00 Zumba	21 5:45- 6:40 Yoga 10:00- 11:00 Zumba 12:15- 1:15 Belly Dancing 12:00- 1:00 Classic 1:10- 2:10 Yoga (Chair) 4:00- 4:50 Tai Chi 7:00- 8:00 Zumba	22 9:00-10:00 Cardio 10:15-11:00 Cardio Lite 12:10- 1:10 Strength Lite 2:00 – 3:00 Ballroom Dance 4:00- 5:00 Chi Kung 6:45- 7:45 Zumba	23 LUCKY PENNY DAY 5:45- 6:40 Yoga 10:00-11:00 Zumba 10:45-11:45 Yoga 11:00-12:00 Zumba Strong 12:00- 1:00 SS Classic 1:10- 2:10 Yoga (Chair) 7:30- 9:30 Pickleball	24 8:30- 9:30 Zumba Gold 9:45- 10:30 Zumba Toning 10:45-11:45 Yoga 10:45-11:45 Circuit 11:30 – 1:30 VETERAN'S BBQ SOCIAL 12:00- 1:00 Classic 12:00-12:45 Cardio Dance	25 7:45- 8:45 Tai Chi 9:00-10:00 Yoga 9:15-10:15 Zumba
26 2:00-4:00 Pickleball 2:30-3:30 Body Flow/Power Yoga	27 MEMORIAL DAY Check out our special group fitness class schedule for today. We are open from 7am-6pm.	28 5:45- 6:40 Yoga 10:00- 11:00 Zumba 12:15- 1:15 Belly Dancing 12:00- 1:00 Classic 1:10- 2:10 Yoga (Chair) 4:00- 4:50 Tai Chi 7:00- 8:00 Zumba	29 9:00-10:00 SS Cardio 10:15-11:00 Cardio Lite 12:10- 1:10 Strength Lite 2:00 – 3:00 Ballroom Dance 4:00- 5:00 Chi Kung 7:00- 8:00 Zumba	30 5:45- 6:40 Yoga 10:00-11:00 Zumba 10:45-11:45 Yoga 11:00-12:00 Zumba Strong 12:00- 1:00 Classic 1:10- 2:10 Yoga (Chair) 7:30- 9:30 Pickleball	31 YMCA of the SUNCOAST-HERNANDO COUNTY 1300 Mariner Blvd Spring Hill, FL 34609 352-688-9622 www.ymcasuncoast.org	



May 2019 Active Adult Calendar

FOR YOUTH DEVELOPMENT®
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- BOOK CLUB** Interested in joining a book club? Do you like to read and discuss popular books? Our next meeting is May 14th at 2 pm. A \$20 deposit will be needed to cover the cost of lost or stolen books. The \$20 is refundable at the end of club participation.
- HEALTH FAIR** Join us on May 15 from 9am-12pm for our Annual Spring Health Fair. Community partners will be here for you to visit with in order to gain information and learn more about our community resources to keep you healthy. Event is FREE and OPEN to Community.
- HEALTHY KIDS DAY** A healthy family is a happy family. Join us on May 4th from 9am-12pm to learn about all of the great resources and family offerings that we have in the community at our Annual Healthy Kids Day. This event involves vendors, activities, games, group exercise demos for kids and families.
- LEADERS CAR SHOW** Also on May 4th from 9am-1pm, the Hernando Y Teen Leaders Club will play host to the annual Spring car show and you're invited. Taking place alongside our Annual Healthy Kids Day, and enjoy some of come out and see the coolest cars, trucks and bikes!!
- LUCKY PENNY DAY** Find a penny, pick it up & for the rest of the day, you'll have good luck! Find your lucky penny around the Y throughout the day on May 23rd.
- LUNCH AND LEARN** On May 9th Humana will be joining us to talk about staying social. This event is free, but you must sign up at the front desk by May 7th.
- MOVIE MATINEE** Every third Monday we present a blockbuster movie for your enjoyment. Cost is free. Keep an eye on the front bulletin board for the movie of the month. Be sure to sign up!
- NTL SALAD MONTH** Join us on May 6th as we celebrate National Salad month! Find some tasty ideas for incorporating salads into your healthy lifestyle.
- PAINTING PARTY** Sign up for some fun on May 19th with Michelle from Artful Possibilities as she will be returning for a fun painting party! Cost is \$30 for Members and \$35 for Community Members. Please sign up by Friday, May 17th.
- VETERAN'S BBQ SOCIAL** On Friday, May 24th at 11:30 AM, join Sonny and the gang for a Pre-Memorial Day old-fashioned barbecue with hotdogs, hamburgers, and the fixin's. We want you to join in on the fun, but make sure you sign up at the member service desk by Wednesday, May 22nd so we can ensure we have enough food.