

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 THE SPIRES AT BERRY COLLEGE	HEALTH & FITNESS May 2025		A = Advanced Level B = Beginner Level I = Intermediate Level	8:30 Water Aerobics – Lee 1 9:15 Circuit City (A) – Tay 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:00-3:00 Pickleball 1:30 Sittercize (I, B) – Tay 2:15 Stretch 1 (I, B) – Tay	9:15 Strength Training (A) – Jen 2 10:00 Creative Movement (A, I) – Jen 10:45 Cardio Drumming (A, I) – Jen	10:00 Walking Club 3 2:00 Water Volleyball
9:00 Step Aerobics 4 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	9:15 Strength Training (A) – Jen 5 10:00 Stretch 2 (A, I) – Jen 10:00 Memory Care – Tay 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Creative Movement (A, I) – Jen	8:30 Water Aerobics – Lee 6 9:15 Full-Body Blast (A) – Jen 10:00 Stretch 2 (A, I) – Jen 1:00-3:00 Pickleball 1:30 Functional Training (A, I, B) – Jen 2:15 Sittercize (I, B) – Jen 3:30 Spires Strutters – Judy CINCO DE MAYO	8:30 Water Aerobics – Lee 7 9:15 Strength Training (A) – Tay 10:00 Washboard Abs (A, I) – Tay 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Stretch 1 (I, B) – Tay 2:15 Balance (I, B) – Tay 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee 8 9:15 Circuit City (A) – Tay 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:00-3:00 Pickleball 1:30 Sittercize (I, B) – Tay 2:15 Stretch 1 (I, B) – Tay	9:15 Strength Training (A) – Jen 9 10:00 Creative Movement (A, I) – Jen 10:45 Cardio Drumming (A, I) – Jen	10:00 Walking Club 10 2:00 Water Volleyball
9:00 Step Aerobics 11 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird MOTHER'S DAY	9:15 Strength Training (A) – Jen 12 10:00 Stretch 2 (A, I) – Jen 10:00 Memory Care – Tay 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Creative Movement (A, I) – Jen	8:30 Water Aerobics – Lee 13 9:15 Full-Body Blast (A) – Jen 10:00 Stretch 2 (A, I) – Jen 1:00-3:00 Pickleball 1:30 Functional Training (A, I, B) – Jen 2:15 Sittercize (I, B) – Jen 3:30 Spires Strutters – Judy	8:30 Water Aerobics – Lee 14 9:15 Strength Training (A) – Tay 10:00 Washboard Abs (A, I) – Tay 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Stretch 1 (I, B) – Tay 2:15 Balance (I, B) – Tay 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee 15 9:15 Circuit City (A) – Tay 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:00-3:00 Pickleball 1:30 Sittercize (I, B) – Tay 2:15 Stretch 1 (I, B) – Tay	9:15 Strength Training (A) – Jen 16 10:00 Creative Movement (A, I) – Jen 10:45 Cardio Drumming (A, I) – Jen	10:00 Walking Club 17 2:00 Water Volleyball
9:00 Step Aerobics 18 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	9:15 Strength Training (A) – Jen 19 10:00 Stretch 2 (A, I) – Jen 10:00 Memory Care – Tay 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Creative Movement (A, I) – Jen	8:30 Water Aerobics – Lee 20 9:15 Full-Body Blast (A) – Jen 10:00 Stretch 2 (A, I) – Jen 1:00-3:00 Pickleball 1:30 Functional Training (A, I, B) – Jen 2:15 Sittercize (I, B) – Jen 3:30 Spires Strutters – Judy	8:30 Water Aerobics – Lee 21 9:15 Strength Training (A) – Tay 10:00 Washboard Abs (A, I) – Tay 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Stretch 1 (I, B) – Tay 2:15 Balance (I, B) – Tay 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee 22 9:15 Circuit City (A) – Tay 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:00-3:00 Pickleball 1:30 Sittercize (I, B) – Tay 2:15 Stretch 1 (I, B) – Tay	9:15 Strength Training (A) – Jen 23 10:00 Creative Movement (A, I) – Jen 10:45 Cardio Drumming (A, I) – Jen	10:00 Walking Club 24 2:00 Water Volleyball
9:00 Step Aerobics 25 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	26 ★★★★★ MEMORIAL DAY REMEMBER AND HONOR MEMORIAL DAY 	8:30 Water Aerobics – Lee 27 9:15 Full-Body Blast (A) – Jen 10:00 Stretch 2 (A, I) – Jen 1:00-3:00 Pickleball 1:30 Functional Training (A, I, B) – Jen 2:15 Sittercize (I, B) – Jen 3:30 Spires Strutters – Judy	8:30 Water Aerobics – Lee 28 9:15 Strength Training (A) – Tay 10:00 Washboard Abs (A, I) – Tay 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Stretch 1 (I, B) – Tay 2:15 Balance (I, B) – Tay 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee 29 9:15 Circuit City (A) – Tay 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:00-3:00 Pickleball 1:30 Sittercize (I, B) – Tay 2:15 Stretch 1 (I, B) – Tay	9:15 Strength Training (A) – Jen 30 10:00 Creative Movement (A, I) – Jen 11:00-1:00 BOWLING W/THE FITNESS GALS	10:00 Walking Club 31 2:00 Water Volleyball