

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 THE SPIRES AT BERRY COLLEGE	HEALTH & FITNESS <i>May</i> 2026 A = Advanced Level B = Beginner Level I = Intermediate Level				9:15 Strength Training 1 (A) – Jen & Ricky 10:00 Advanced Functional Training (I, A) – Jen & Ricky 10:45 Cardio Drumming (B, I, A) – Jen & Ricky	2
3	9:15 Strength Training 4 (A) – Jen 10:00 Memory Care – Tay 10:15 Stretch 2 (A) – Jen 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Creative Movement (I, A) – Jen	8:30 Water Aerobics – Lee 5 9:15 Circuit City (A) – Jen 10:00 Mat Pilates (I, A) – Jen 1:30 Beginner Functional Training (B, I) – Jen 2:15 Sittercize (B, I) – Jen CINCO DE MAYO	8:30 Water Aerobics – Lee 6 9:15 Strength Training (A) – Ricky 10:00 Washboard Abs (I, A) – Ricky 11:00 Assisted Living – Tay 1:30 Chair Core (B, I) – Ricky 2:15 Balance (B, I) – Ricky 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee 7 9:15 Circuit City (A) – Ricky 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:30 Sittercize (B, I) – Ricky 2:15 Stretch 1 (B, I) – Ricky	9:15 Strength Training 8 (A) – Jen & Ricky 10:00 Advanced Functional Training (I, A) – Jen & Ricky 10:45 Cardio Drumming (B, I, A) – Jen & Ricky	9
10 MOTHER'S DAY	9:15 Strength Training 11 (A) – Ricky 10:00 Memory Care – Tay 10:15 Stretch 2 (A) – Ricky 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming (B, I, A) – Ricky 2:15 Creative Movement (I, A) – Ricky	8:30 Water Aerobics – Lee 12 9:15 Circuit City (A) – Ricky 10:00 Mat Abs (I, A) – Ricky 1:30 Beginner Functional Training (B, I) – Ricky 2:15 Sittercize (B, I) – Ricky	8:30 Water Aerobics – Lee 13 9:15 Strength Training (A) – Ricky 10:00 Washboard Abs (I, A) – Ricky 11:00 Assisted Living – Tay 1:30 Chair Core (B, I) – Ricky 2:15 Balance (B, I) – Ricky 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee 14 9:15 Circuit City (A) – Ricky 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:30 Sittercize (B, I) – Ricky 2:15 Stretch 1 (B, I) – Ricky	9:15 Strength Training 15 (A) – Liz 10:00 Advanced Functional Training (I, A) – Liz 10:45 Cardio Drumming (B, I, A) – Liz ARMED FORCES CELEBRATION DAY: WEAR GREEN OR NAVY!	16
17	9:15 Strength Training 18 (A) – Ricky 10:00 Memory Care – Tay 10:15 Stretch 2 (A) – Ricky 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming (B, I, A) – Ricky 2:15 Creative Movement (I, A) – Ricky	8:30 Water Aerobics – Lee 19 9:15 Circuit City (A) – Jen 10:00 Mat Pilates (I, A) – Jen 1:30 Beginner Functional Training (B, I) – Jen 2:15 Sittercize (B, I) – Jen	8:30 Water Aerobics – Lee 20 9:15 Strength Training (A) – Ricky 10:00 Washboard Abs (I, A) – Ricky 11:00 Assisted Living – Tay 1:30 Chair Core (B, I) – Ricky 2:15 Balance (B, I) – Ricky 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee 21 9:15 Circuit City (A) – Ricky 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:30 Sittercize (B, I) – Ricky 2:15 Stretch 1 (B, I) – Ricky	9:15 Strength Training 22 (A) – Jen & Ricky 10:00 Advanced Functional Training (I, A) – Jen & Ricky 10:45 Cardio Drumming (B, I, A) – Jen & Ricky	23
24	HAPPY RESTFUL MEMORIAL DAY! MEMORIAL DAY	8:30 Water Aerobics – Lee 26 9:15 Circuit City (A) – Jen 10:00 Mat Pilates (I, A) – Jen 1:30 Beginner Functional Training (B, I) – Jen 2:15 Sittercize (B, I) – Jen	8:30 Water Aerobics – Lee 27 9:15 Strength Training (A) – Ricky 10:00 Washboard Abs (I, A) – Ricky 11:00 Assisted Living – Tay 1:30 Chair Core (B, I) – Ricky 2:15 Balance (B, I) – Ricky 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee 28 9:15 Circuit City (A) – Ricky 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:30 Sittercize (B, I) – Ricky 2:15 Stretch 1 (B, I) – Ricky	9:15 Strength Training 29 (A) – Jen & Ricky 10:00 Advanced Functional Training (I, A) – Jen & Ricky 10:45 Cardio Drumming (B, I, A) – Jen & Ricky 12:00-2:00 BOWLING W/THE FITNESS CREW!	30
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