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| May | **35**  SPORTS CENTER |
| turns | 2022 |
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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  | **35th Kickoff-**5-7pm  Beginners Cycle 8:30am  6pm Plank Challenge |  | CHECK IN TO WIN  5am-10am  Beginners Cycle 8:30am |  | **Fitness Friday POP UP**  Stroke Awareness in the lobby – Stop By and grab some info | 9am Walk with Becca- 1 Mile Stroke Awareness Walk |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|  | Member Monday AM  NO BEGINNERS CYCLE |  | CHECK IN TO WIN  10am-3pm  Beginners Cycle 8:30am |  | **Fitness Friday POP UP**  Learn how: Protein Pancakes in the lobby w/  Alana 9am |  |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|  | Member Monday PM  Beginners Cycle 8:30am  6pm Pull Up Challenge |  | CHECK IN TO WIN  3-9pm  Beginners Cycle 8:30am | 35th POOLSIDE CELEBRATION: MEMBERS WELCOMED  5:30-7:30pm | **Fitness Friday POP UP**  1987 Body Weight Workout in the Basketball Courts w/Alana 9am- |  |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|  | Member Monday AM  Beginners Cycle 8:30am  6pm Bench Press Challenge |  | CHECK IN TO WIN  All day  Beginners Cycle 8:30am |  | **Fitness Friday POP UP**  Learn How to make protein balls in the lobby w/Alana 9am |  |
| 29 | 30 | 31 |  |  |  |  |
|  | Holiday/Closed/24/7only |  |  |  |  |  |
|  |  |  |  |  | **Open to the community:**  **EVERY MONDAY 10am: “Lil Sports” Playgroup. Ages 0-24 child provider must stay** |  |

