

MAY 2025

SUN

MON

TUE

WED

THU

FRI

SAT

01

02

03

ADAPTED YOGA
6:30PM
HODGES HALL

ADAPTED AQUA
FITNESS 5:30PM
POOL

ADAPTED
DANCE 12 NOON
GX1

04

05

06

07

08

09

10

STRENGTH/
CONDITIONING
6:30PM IN
HODGES HALL

ADAPTED
PICKLEBALL
4:00PM IN GYM

SPECIAL
OLYMPIC
SOCCER 5:30PM
MOODY FIELD

NO YOGA CLASS

No Aqua fitness

ADAPTED
DANCE 12 NOON
GX1

11

12

13

14

15

16

17

STRENGTH/
CONDITIONING
6:30PM IN
HODGES HALL

ADAPTED
PICKLEBALL
4:00PM IN GYM

SPECIAL
OLYMPIC
SOCCER 5:30PM
MOODY FIELD

ADAPTED YOGA
6:30PM
HODGES HALL

ADAPTED AQUA
FITNESS 5:30PM
POOL

ADAPTED
DANCE 12 NOON
GX1

18

19

20

21

22

23

24

STRENGTH/
CONDITIONING
6:30PM IN
HODGES HALL

ADAPTED
PICKLEBALL
4:00PM IN GYM

SPECIAL
OLYMPIC
SOCCER 5:30PM
MOODY FIELD

ADAPTED YOGA
6:30PM
HODGES HALL

ADAPTED AQUA
FITNESS 5:30PM
POOL

NO DANCE
CLASS

25

26

27

28

29

30

31

MEMORIAL
DAY-NO
CLASSES

ADAPTED
PICKLEBALL
4:00PM IN GYM

SPECIAL
OLYMPIC
SOCCER 5:30PM
MOODY FIELD

ADAPTED YOGA
6:30PM
HODGES HALL

ADAPTED AQUA
FITNESS 5:30PM
POOL

ADAPTED
DANCE 12 NOON
GX1