

FITNESS CLASSES WITH DONNA MAY 2026



SilverSneakers[®]
by Tivity Health

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 YOGA 9:30 – 10:30	5 CIRCUIT 9:30 – 10:30	6 YOGA 9:30 – 10:30 4:00 – 5:00	7 BOOM 9:30 – 10:30	8 NO CLASS DONNA ON FOX 9	9
10	11 YOGA 9:30 – 10:30	12 CIRCUIT 9:30 – 10:30	13 YOGA 9:30 – 10:30 4:00 – 5:00	14 BOOM 9:30 – 10:30	15 YOGA 9:30 – 10:30	16
17	18 YOGA 9:30 – 10:30	19 CIRCUIT 9:30 – 10:30	20 YOGA 9:30 – 10:30 4:00 – 5:00	21 BOOM 9:30 – 10:30	22 YOGA 9:30 – 10:30	23
24	25 COMMUNITY CENTER CLOSED NO CLASS	26 CIRCUIT 9:30 – 10:30	27 YOGA 9:30 – 10:30 4:00 – 5:00	28 BOOM 9:30 – 10:30	29 YOGA 9:30 – 10:30	30
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