

May 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|---|---------------------------------------|
| | | | | | | 1 1:30 National Lifeguard - Recert |
| 2 1:15 LSS Swimmer 6 and Swimmer 5 combined class 1:15 LSS Swimmer 5 and LSS Swimmer 6 combined class 1:45 Private Swimming Lessons 2:15 LSS Preschool 4 and Preschool 5 combined class Location: Tony Rose Memorial Sports Centre 2:15 LSS Preschool 5 and Preschool 4 combined class Location: Tony Rose Memorial Sports Centre | 3 9:15 Zumba ® 11:15 Get Active 5:00 Weights 7:00 Zumba ® | 4 9:00 Indoor Nordic Walking 11:15 Core & More | 5 9:15 Cardio Core 11:15 Bodyworks 5:30 Pound ® 7:00 Zumba ® Toning | 6 9:15 Energy, Strength and Balance 11:15 Line Dance 5:00 Cardio Core 7:00 Yoga | 7 8:30 Standard First Aid with CPR C - Red Cross Online/In-Person blended 9:00 Weights 9:00 Zumba ® 11:15 Spin 4:30 Virtual Home Alone | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |