



May 2022 Exercise Calendar



Water Aerobics classes take place at the Warford Activity Center (1330 NW 18th Avenue, Amarillo, TX 79107)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 8:30 AM – 8:30 PM 8:30 am – Walking Group 9 am – Gentle Yoga 1 pm – Water Aerobics 5 pm – Walking Group	3 8:30 AM – 8:30 PM 8:30 am – Walking Group 9 am – Fresh Start (Hybrid) 10:30 am – Tai Chi 1 pm – Latin Cardio 5 pm – Walking Group 7 pm – Active Boxing	4 8:30 AM – 8:30 PM 8:30 am – Walking Group 10:30 am – SitFit (Hybrid) 1 pm – Water Aerobics 5 pm – Walking Group 5:30 pm – What is Wellness? (Hybrid)	5 8:30 AM – 8:30 PM 8:30 am – Walking Group 1 pm – Chair Yoga 5 pm – Walking Group	6 9:00 AM – 12:00 PM 9 am – Walking Group 9:30 am – Outdoor Walking Group (<u>Sam Houston Park</u>) 10:30 am – Build	7 8:30 AM – 12:00 PM
9 8:30 AM – 8:30 PM 8:30 am – Walking Group 9 am – Gentle Yoga 1 pm – Water Aerobics 5 pm – Walking Group	10 8:30 AM – 8:30 PM 8:30 am – Walking Group 10:30 am – Tai Chi 1 pm – Latin Cardio 5 pm – Walking Group	11 8:30 AM – 8:30 PM 8:30 am – Walking Group 10:30 am – SitFit (Hybrid) 1 pm – Water Aerobics 5 pm – Walking Group 5:30 pm – Exercising with Diabetes (Hybrid)	12 8:30 AM – 8:30 PM 8:30 am – Walking Group 1 pm – Chair Yoga 5 pm – Walking Group	13 9:00 AM – 12:00 PM 9 am – Walking Group 10:30 am – Build	14 CLOSED
16 8:30 AM – 8:30 PM 8:30 am – Walking Group 9 am – Gentle Yoga 1 pm – Water Aerobics 5 pm – Walking Group	17 8:30 AM – 8:30 PM 8:30 am – Walking Group 9 am – Fresh Start (Hybrid) 10:30 am – Tai Chi 1 pm – Latin Cardio 5 pm – Walking Group	18 8:30 AM – 8:30 PM 8:30 am – Walking Group 10:30 am – SitFit (Hybrid) 1 pm – Water Aerobics 5 pm – Walking Group 5:30 pm – What is Wellness? (Hybrid)	19 8:30 AM – 8:30 PM 8:30 am – Walking Group 1 pm – Chair Yoga 5 pm – Walking Group	20 9:00 AM – 12:00 PM 9 am – Walking Group 9:30 am – Outdoor Walking Group (<u>Sam Houston Park</u>) 10:30 am – Build	21 CLOSED
23 8:30 AM – 8:30 PM 8:30 am – Walking Group 9 am – Gentle Yoga 1 pm – Water Aerobics 5 pm – Walking Group	24 8:30 AM – 8:30 PM 8:30 am – Walking Group 9 am – Fresh Start (Hybrid) 10:30 am – Tai Chi 1 pm – Latin Cardio 5 pm – Walking Group	25 8:30 AM – 8:30 PM 8:30 am – Walking Group 10:30 am – SitFit (Hybrid) 5 pm – Walking Group 5:30 pm – Exercising with Diabetes (Hybrid)	26 8:30 AM – 8:30 PM 8:30 am – Walking Group 1 pm – Chair Yoga 5 pm – Walking Group 6 pm – Fitness & Nutrition (Hybrid)	27 9:00 AM – 12:00 PM 9 am – Walking Group 10:30 am – Build	28 CLOSED
30 CLOSED	31 8:30 AM – 8:30 PM 8:30 am – Walking Group 9 am – Fresh Start (Hybrid) 10:30 am – Tai Chi 1 pm – Latin Cardio 5 pm – Walking Group				
MEMORIAL DAY					



May 2022 Enrichment Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 8:30 AM – 8:30 PM 10:30 am – Alone Time with God 11 am - Gardening 6 pm – Alcoholics Anonymous	3 8:30 AM – 8:30 PM 9 am – Fresh Start (Hybrid) 4 pm – Biblical Counseling 5:30 pm – Bingo	4 8:30 AM – 8:30 PM 10:30 am – SitFit (Hybrid) 12:30 pm – Heart Health 5:30 pm – What is Wellness? (Hybrid) 6 pm – Drawing	5 8:30 AM – 8:30 PM 10:30 am – Creative Cooking 5:30 pm – Creative Cooking	6 9:00 AM – 12:00 PM	7 8:30 AM – 12:00 PM 9 am – Men’s Bible Study
9 8:30 AM – 8:30 PM 11 am - Gardening 6 pm – Alcoholics Anonymous	10 8:30 AM – 8:30 PM 4 pm – Biblical Counseling	11 8:30 AM – 8:30 PM 9 am – Diabetes Medication Education 10:30 am – SitFit (Hybrid) 3:30 pm – Financial Literacy 5:30 pm – Exercising with Diabetes (Hybrid) 6 pm – Drawing	12 8:30 AM – 8:30 PM 10:30 am – Creative Cooking 11:30 am – Seasons of Life 5:30 pm – Creative Cooking 5:30 pm – Tobacco-Free Lifestyle	13 9:00 AM – 12:00 PM	14 CLOSED
16 8:30 AM – 8:30 PM 10:30 am – Alone Time with God 11 am - Gardening 6 pm – Alcoholics Anonymous	17 8:30 AM – 8:30 PM 9 am – Fresh Start (Hybrid) 4 pm – Biblical Counseling 5:30 pm – Lotería	18 8:30 AM – 8:30 PM 10:30 am – SitFit (Hybrid) 12:30 pm – Heart Health 5:30 pm – What is Wellness? (Hybrid) 6 pm – Drawing	19 8:30 AM – 8:30 PM 10:30 am – Creative Cooking 5:30 pm – Creative Cooking	20 9:00 AM – 12:00 PM	21 CLOSED
23 8:30 AM – 8:30 PM 11 am - Gardening 6 pm – Alcoholics Anonymous	24 8:30 AM – 8:30 PM 9 am – Fresh Start (Hybrid) 4 pm – Biblical Counseling	25 8:30 AM – 8:30 PM 9 am – Hypertension Medication Education 10:30 am – SitFit (Hybrid) 1 pm – Financial Literacy 5:30 pm – Exercising with Diabetes (Hybrid) 6 pm – Drawing	26 8:30 AM – 8:30 PM 10:30 am – Creative Cooking 5:30 pm – Creative Cooking 5:30 pm – Tobacco-Free Lifestyle 6 pm – Fitness & Nutrition (Hybrid)	27 9:00 AM – 12:00 PM	28 CLOSED
30 CLOSED	31 8:30 AM – 8:30 PM 9 am – Fresh Start (Hybrid) 4 pm – Biblical Counseling 5:30 pm – Bingo				
MEMORIAL DAY					