

May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a	2 Pickleball, 7:00a-7:00p, LL Gym Free Acoustic Guitar/Any instrument, Workshop/Jam Session. 10:30a-12:00p. All ages welcome!
3 Pickleball, 12:00p-6:00p, LL Gym	4 Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Birthday Celebrations	5 Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Bridge, 9:00a-4:00p	6 Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a ASK-A-PT, 10:00a-11:00a "Y-Sew-Fun" Sewing Group, 11:30a	7 Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p	8 Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Mother's Day Tea, 11:30a-1:00p, Cost \$5, Event Center	9 Pickleball, 7:00a-7:00p, LL Gym Free Acoustic Guitar/Any instrument, Workshop/Jam Session. 10:30a-12:00p. All ages welcome!
10 Pickleball, 12:00p-6:00p, LL Gym	11 Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Mexican Train Dominoes, 10:00a-12:00p	12 Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Bridge, 9:00a-4:00p	13 Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a "Y-Sew-Fun" Sewing Group, 11:30a Provident Travel 'Travel Party', 10:30a-11:30a, Free	14 Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p	15 Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a	16 Pickleball, 7:00a-7:00p, LL Gym Free Acoustic Guitar/Any instrument, Workshop/Jam Session. 10:30a-12:00p. All ages welcome!
17 Pickleball, 12:00p-6:00p, LL Gym	18 Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Set Sail Around The World Presentation, 10:30a-11:30a, Free	19 Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Bridge, 9:00a-4:00p	20 Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a "Y-Sew-Fun" Sewing Group, 11:30a Medicare and Muffins, 9:30a-11:30a Statehouse Tour and Lunch Day Trip, 8:30a-5:00p, Cost \$60	21 Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p	22 Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a	23 Pickleball, 7:00a-7:00p, LL Gym Free Acoustic Guitar/Any instrument, Workshop/Jam Session. 10:30a-12:00p. All ages welcome!
24 Pickleball, 12:00p-6:00p, LL Gym	25 Memorial Day Y CLOSED	26 Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Bridge, 9:00a-4:00p	27 Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a "Y-Sew-Fun" Sewing Group, 11:30a Bingo, 10:00a-11:30a, Cost \$3	28 Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Euchre, 9:00a-12:00p Book Club 1:00p-3:00p	29 Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a	30 Pickleball, 7:00a-7:00p, LL Gym Free Acoustic Guitar/Any instrument, Workshop/Jam Session. 10:30a-12:00p. All ages welcome!

2026 Winter & Spring | January 5 – May 24, 2026 STOLLE CENTER FITNESS DAY PLANNER

MONDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Intro To Water Fitness	8:00	45	SCP	Bonnie	A	
Time To Stretch	8:00	30	SS	Susan	A	
Aquasize	9:00	50	SCP	Bonnie	2	
Stretch, Tone, & Balance	9:00	30	LLS	Susan	1	
All Levels Yoga	9:15	60	SS	Jennifer	A	
Yogalates	9:45	60	LLS	Susan	A	
Hi/ Low Aerobics	10:30	50	S2	Gloria	1-2	
Senior Sit & Tone	10:30	30	S1	Kendal	1	
Community Arthritis Plus	11:00	45	SCP	Kathy	1	
Senior Sit & Tone	11:15	30	S1	Kendal	1	
Zumba Basics	11:30	45	S2	Holly	A	
EVENING	START	🕒	ROOM	LED BY	IL	
Power Yoga	6:15	60	SS	Rhonda B	A	
Rocking The Waves	6:15	60	SCP	Becky	2	

TUESDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Intro To Water Fitness	8:00	45	SCP	Kim	A	
Aquasize	9:00	50	SCP	Kim	2	
Total Body Conditioning	9:15	60	SFR	Bill	A	
Yin Yoga	9:15	60	SS	Susan	A	
Aqua Stretch-N-Tone	10:00	30	SCP	Kathy	1	
Community Arthritis Release	11:00	45	SCP	Kathy	1	
EVENING	START	🕒	ROOM	LED BY	IL	
All Levels Yoga	6:00	60	SS	Jennifer	A	
Shape With Weights	6:00	50	S2	Gloria	1-2	
Hydro Burn	6:15	60	SCP	Janis	3	

WEDNESDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Intro To Water Fitness	8:00	45	SCP	Sue	A	
Time To Stretch	8:00	30	SS	Susan	A	
Aquasize	9:00	50	SCP	Sue	2	
Stretch, Tone & Balance	9:00	30	LLS	Susan	1	
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2	
Senior Sit & Tone	10:30	30	S1	Kendal	1	
Yogalates	10:30	60	SS	Susan	A	
Community Arthritis Plus	11:00	45	SCP	Anita	1	
Senior Sit & Tone	11:15	30	S1	Kendal	1	
Zumba Basics	11:30	45	S2	Chiaki	A	
EVENING	START	🕒	ROOM	LED BY	IL	
Rocking The Waves	6:15	60	SCP	Kathy	2	

THURSDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Intro To Water Fitness	8:00	45	SCP	Ashley	A	
Aquasize	9:00	50	SCP	Ashley	2	
All Levels Yoga	9:15	60	SS	Jennifer	A	
Total Body Conditioning	9:15	60	SFR	Bill	A	
Aqua Stretch-N-Tone	10:00	30	SCP	Anita	1	
Community Arthritis Release	11:00	45	SCP	Anita	1	
EVENING	START	🕒	ROOM	LED BY	IL	
Shape With Weights	6:00	50	S2	Gloria	1-2	
Hydro Burn	6:15	60	SCP	Rhonda K	3	

FRIDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Intro to Water Fitness	8:00	45	SCP	Bonnie	A	
Time To Stretch	8:00	30	SS	Kelly	A	
Aquasize	9:00	50	SCP	Bonnie	2	
Stretch, Tone & Balance	9:00	30	LLS	Kelly	1	
All Levels Yoga	9:15	60	SS	Susan	A	
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2	
Senior Sit & Tone	10:30	30	S1	Destiny	1	
Senior Sit & Tone	11:15	30	S1	Destiny	1	
EVENING	START	🕒	ROOM	LED BY	IL	
Zumba	6:00	60	S2	Terrie	A	

SATURDAY

MORNING	START	🕒	ROOM	LED BY	IL	
All Levels Yoga	8:45	60	SS	Hannah	A	
Hi/Lo Aerobics	10:15	50	S2	Kelly	1-2	

KEY

ROOMS

- LLS Lower Level Studio
- SS Spirit Studio
- SFR Starter Fitness Room
- SCP Stolle Center Pool
- S1 Studio 1
- S2 Studio 2
- S3 Studio 3

INTENSITY LEVELS

- A All Fitness Levels
- 1 Beginner
- 2 Intermediate
- 3 Advanced
- Water Fitness Class
- Age Limit