

May 2024

Member Engagement Calendar



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Monthly Fitness Challenge Begins!	2	3	4
5	6 May-hem Cycle	7 May-hem Drum Fit	8 May-hem Zumba Party	9 May-hem Attacks	10 May-hem Fest	11
12	13 Neon Nia	14	15	16	17 May-hem Fest pt.2 "THE REVIVAL"	18
19	20 Victoria Day Hours: 7 AM - 4 PM	21	22	23 Turn Table Thursday!	24	25
26	27 Neon Nia	28	29	30	31	

Monthly Updates

- Monthly Fitness Challenge begins May 1 - 31
- Victoria Day: May 20
 - Hours: 7 AM - 4 PM

Monthly Highlights

- May-Hem Week:
 - May 6 - 10
- NEON NIA
 - May 13 & May 27 at 6:30 PM
 - Location: Studio B
- Turn Table Thursday
 - May 23 from 2 PM - 4 PM