

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="width: 20%;"> <h1 style="color: purple; margin: 0;">May 2018</h1> <h2 style="color: purple; margin: 0;">Fitness Calendar</h2> </div> <div style="width: 15%; text-align: center;">  </div> <div style="width: 15%; text-align: center;">  </div> <div style="width: 15%; text-align: center;">  </div> <div style="width: 15%; text-align: center;">  </div> </div>						
<p><b>6</b></p> <p><b>Sunday Fitness Challenge:</b> Stand Facing a wall and do five to ten push-ups against the wall.</p>	<p><b>7</b></p> <p>1:30 Stretch &amp; Strengthen-AR</p>	<p><b>8</b></p> <p>9:30 Heart Healthy Exercise -AR 10:00 Depart for Balance Class-HP 3:45 Balloon Volleyball</p>	<p><b>9</b></p> <p>9:30 Hot Steppers Park Walk -FP</p>	<p><b>10</b></p> <p>9:30 Heart Healthy Exercise -AR</p>	<p><b>11</b></p> <p>10:30 Sit/Stand Hula w/Leilani -AR</p>	<p><b>12</b></p> <p><b>Saturday Fitness Challenge:</b> Sit tall in a chair, shoulders down your back and core pulled in nice and tight. Do ten bicep curls each arm using 1-2 lb. weights.</p>
<p><b>13</b> <i>Mother's Day</i></p> <p><b>Sunday Fitness Challenge:</b> Walk with a friend or neighbor for 15 minutes.</p> <div style="text-align: center;">  </div>	<p><b>14</b></p> <p>1:30 Stretch &amp; Strengthen-AR</p>	<p><b>15</b></p> <p>9:30 Heart Healthy Exercise -AR 3:45 Balloon Volleyball</p>	<p><b>16</b></p> <p>9:30 Hot Steppers Park Walk -FP</p>	<p><b>17</b></p> <p>9:30 Heart Healthy Exercise -AR 2:00 Stretch &amp; Strengthen-AR</p>	<p><b>18</b></p> <p>10:30 Sit/Stand Hula w/Leilani -AR 2:00 Balloon Volleyball-AR</p>	<p><b>19</b></p> <p><b>Saturday Fitness Challenge:</b> Sitting in a chair, place a tennis ball or a weight under each foot and roll out the bottoms of your feet to release tension and increase circulation</p>
<p><b>20</b></p> <p><b>Sunday Fitness Challenge:</b> Sit tall in a chair and take ten deep belly breaths. Count to five on each inhale and five on each exhale.</p>	<p><b>21</b></p> <p>3:00 Stretch &amp; Strengthen-AR</p>	<p><b>22</b></p> <p>9:30 Heart Healthy Exercise -AR 3:45 Balloon Volleyball</p>	<p><b>23</b></p> <p>9:30 Hot Steppers Park Walk -FP</p>	<p><b>24</b></p> <p>9:30 Heart Healthy Exercise -AR 2:00 Stretch &amp; Strengthen-AR</p>	<p><b>25</b></p> <p>10:30 Sit/Stand Hula w/Leilani -AR 2:00 Balloon Volleyball-AR</p>	<p><b>26</b></p> <p><b>Saturday Fitness Challenge:</b> Sit tall in a chair and reach up and over head. Alternate arms and pull on an imaginary rope to stretch your arms and sides for ten deep breaths.</p>
<p><b>27</b></p> <p><b>Sunday Fitness Challenge:</b> Sit tall in a chair, shoulders down your back and core pulled in nice and tight. Practice proper posture for five minutes.</p>	<p><b>28</b> <i>Memorial Day</i></p> <div style="text-align: center;">  </div>	<p><b>29</b></p> <p>9:30 Heart Healthy Exercise -AR 3:45 Balloon Volleyball</p>	<p><b>30</b></p> <p>9:30 Hot Steppers Park Walk -FP</p>	<p><b>31</b></p> <p>9:30 Heart Healthy Exercise -AR 2:00 Stretch &amp; Strengthen-AR</p>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  </div> <div style="text-align: center;">  <p><b>1441 Morrow Road</b> <b>Medford, OR 97504</b> <b>541-772-6005</b></p> </div> </div>	