

May Monthly Events

Sun	Mon	Tues	Wed	Thur	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11 Oval Fitness Class Shape Up Abs & Arms w/Ingrid 6:30-7:30pm Weight Watchers Moses/Einstein/Tarrytown	12 Weight Watchers Wakefield/ Yonkers/Fordham	13 Nutrition Challenge Registration Opens	14
15	16	17 Nutrition Workshop – Moses 12:00-1:00pm 5Rhythms 5:16-6:5pm	18 Nutrition Workshop – Yonkers 12:00-1:00pm 1:00-2:00pm Weight Watchers Moses/Einstein/Tarrytown	19 Weight Watchers Wakefield/ Yonkers/Fordham Nutrition Challenge Starts	20 Oval Fitness Class Cycling w/Ingrid 6:30-7:30pm	21
22	23	24	25 Weight Watchers Moses/Einstein/Tarrytown Nutrition Challenge Registration Deadline	26 Weight Watchers Wakefield/ Yonkers/Fordham	27	28 Oval Fitness Class Yoga w/Ani 9:00-10:00am
29	30	31				