

MAY 2026

SPECIAL CLASSES, PROGRAMS, AND EVENTS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Balance Mastery 1:00-1:45pm
4 Knitting 12:00-1:00pm Aloha Hula 2:00-2:45pm	5 Mind & Body Reset 12:30-1:15pm	6 Blood Pressure Screening 9:00-10:30am Strong Bones for Life 10:30-11:00am The Art of Living Well 1:00-2:00pm	7 Cardio Kickboxing 1:00-1:45pm	8 Foundational Yoga 9:30-10:30am Mother's Day BYOV 1:00-2:00pm Balance Mastery 1:00-1:45pm
11 Sound Healing 12:00pm-1:00pm Chair Pilates 2:00-2:45pm	12 Total Body Circuit 10:00-10:30am Home Safety & Fall Emergency 1:00pm-2:00pm	13 Cheers & Chats 12:00-1:00pm Trivia 1:00-2:00pm Tai Chi 2:00-3:00pm	14 Cardio Kickboxing 1:00-1:45pm	15 Foundational Yoga 9:30-10:30am Nature Journaling: California Native Plants 1:00-2:30pm Balance Mastery 1:00-1:45pm
18 Total Body Circuit 10:00-10:30am Knitting 12:00-1:00pm	19 Mindful Meditation 12:30-1:15pm	20 Hydration Matters 1:00-2:00pm Movement & Meditation 2:00-2:45pm	21 Cardio Kickboxing 1:00-1:45pm	22 Foundational Yoga 9:30-10:30am Balance Mastery 1:00-1:45pm MindBody 101 12:00-1:00pm
25 Memorial Day Open 8:00am-1:00pm No classes	26 Total Body Circuit 10:00-10:30am	27 Gentle Restoration 2:00-2:45pm	28 Cardio Kickboxing 1:00-1:45pm	29 Foundational Yoga 9:30-10:30am Balance Mastery 1:00-1:45pm Strength Machines 101 1:00-2:00pm

New class!

Class is available to members for \$5 per class.

Knitting with Friends | Joyce & Connie Relax and create as you learn knitting basics - casting on, purling, binding off, reading patterns, and fixing mistakes. Perfect for beginners or anyone refreshing their skills.

Aloha Hula | Valentina Experience the joy of Hawaiian hula in this welcoming, low-impact class that improve balance, coordination, and rhythm while enjoying music, culture, and a relaxed island spirit. All levels welcome.

Mind & Body Reset | Izabela A calming class to reset your nervous system through gentle eye yoga, somatic movement, and guided breathwork with relaxation and visualization. Includes optional aromatherapy and a peaceful Zen story.

Stong Bones for Life | CSM Nursing Students Explore how to support bone health as you age. Learn about osteoporosis risk factors and simple ways to strengthen your bones through movement, nutrition, and daily habits.

The Art of Living Well | Catholic Charities A holistic class focused on building physical vitality, emotional balance, and mental clarity through mindfulness and self-awareness. Explore purpose, personal growth, and sustainable habits to create a more balanced, fulfilling life.

Chair Pilates | Masami A gentle Pilates-based class done using a chair to improve strength, posture, and flexibility. Focuses on core stability and controlled movement, with options for all levels.

Mother's Day BYOV Celebrate Mother's Day with a relaxed, creative gathering. Bring your own vase and create a beautiful floral arrangement to take home, then take a moment to write heartfelt cards to one another. Enjoy a warm, welcoming atmosphere with refreshments generously provided by SCAN Health Plan. A small \$5 fee will help cover this experience.

Balance Mastery | Masami & Richard This advanced balance class challenges stability through dynamic movements designed to improve confidence, agility, and everyday function.

Sound Healing | Evelie Delfino Sâles Posch Relax and restore with soothing sound vibrations. This class uses gentle tones and guided relaxation to calm the mind, release tension, and support overall well-being.

Total Body Circuit | Richard A full-body workout that combines strength and light cardio in a simple circuit format. Move through a series of stations designed to build strength, improve endurance, and keep your body moving.

Home Safety & Fall Emergency | Richard Learn how to make your home safer and be prepared for fall-related emergencies. This class covers common hazards, simple prevention strategies, and what to do if a fall occurs helping you stay safe, confident, and independent at home.

Cheers & Chats Cheers & Chats is a relaxed social get-together for new and current members to connect, mingle, and build community. Enjoy friendly conversation, light refreshments, and a welcoming space to meet others and feel more at home at the fitness center.

Trivia | Dona Join us for a fun Trivia & Games session! Test your knowledge, enjoy interactive games, and share some laughs in a friendly, relaxed setting. All are welcome.

Tai Chi | Kathleen Enjoy the calming flow of Tai Chi with gentle movements, deep breathing, and balance practice. With seated or standing options, this class supports relaxation and mindful movement for all levels.

MindBody 101 | Richard Take the mystery out of Mindbody! Learn how to book classes, view your schedule, and manage your visits with ease.

Meditation | Rita This guided meditation session will lead you through a series of breathing exercises and focused meditation techniques designed to help you reduce stress, improve concentration, and cultivate a sense of inner peace.

Hydration Matters | Lawrence Liguas, First Light Home Care This in-service covers the importance of hydration in seniors, including risks of dehydration, warning signs, and simple strategies to support daily fluid intake and overall health.

Strength Machines 101 | Masami A beginner-friendly class that teaches safe machine setup, proper form, and how to use strength equipment with confidence.

Nature Journaling: California Native Plants | Chrissie Chen Explore California native plants through simple sketching and observation. No experience needed, just curiosity and a love for nature.

Gentle Restoration | Masami A gentle blend of yoga, stretching, and myofascial release using a lacrosse ball to ease tension, improve mobility, and support recovery. Suitable for all levels.



Help us go back-to-back as the Bay Area's Best Gym! Voting is now open through May 5. If our center has made a positive impact on your health and well-being, we'd truly appreciate your vote. Thank you for being part of our community!

<https://www.sfgate.com/best/vote/#/gallery/525057049>