




May 2026

Sun City Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 11am Gentle Yoga	5 	6	7 3 pm Chair Dance Fitness	8 10 am Lions Club Bingo (Card Buy ins Required)	9
10 	11 11am Gentle Yoga	12	13 1pm Bunco	14	15	16
17	18 11am Gentle Yoga	19 3 pm Chair Dance Fitness	20	21	22 10 am Lions Club Bingo (Card Buy ins Required)	23
24	25 	26	27	28	29	30

May 2026

Hemet Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 9am Gentle Yoga 11am Line Dancing	 5 Independent Learning Series	6	7 Independent Learning Series	8	9
 10	11 9am Gentle Yoga	12 Independent Learning Series	13	14 Independent Learning Series	15	16
17	18 9am Gentle Yoga 11am Line Dancing	19 Independent Learning Series	20	21 Independent Learning Series	22	23
24	 25	26 Independent Learning Series	27	28 Independent Learning Series	29 9am Gentle Yoga	30

For Independent Learning Series you **MUST** call to register. Please call (562) 637-7248 and ask for Lilly.

May 2026

Temecula Jazzercise

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5  CINCO DE MAYO	6	7	8	9
10 	11	12 10am Jazzercise	13	14	15	16
17	18	19	20	21	22	23
24	25 	26 10am Jazzercise	27	28	29	30

May 2026

CrossFit by Overload

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					10:30am CrossFit	
3	4	5	6	7	8	9
	10:30am CrossFit	 CINCO DE MAYO	10:30am CrossFit		10:30am CrossFit	
10	11	12	13	14	15	16
 <i>Happy Mother's Day</i>	10:30am CrossFit		10:30am CrossFit		10:30am CrossFit	
17	18	19	20	21	22	23
	10:30am CrossFit		10:30am CrossFit		10:30am CrossFit	
24	25	26	27	28	29	30
	 MEMORIAL DAY		10:30am CrossFit		10:30am CrossFit	