

SUN	MON	TUE	WED	THU	FRI	SAT
MAY 2025		GM1: Concord Municipal Complex GM2: Concordville Town Center GM3: Smithbridge Road Park GM4: Thornbury Park AP: Action Potential KSQ: Upland Country Day School		1 Boost 5:15 am/8 pm (AP) <i>Boost Express 12 pm (VS)</i>	2 Boost 9:30 am (Kicks) Strides 9:30 am (Kicks) <i>Cardio Barre 12:30 pm (VS)</i>	3 Boost 7 am (AP) Strides 9:30 am (KSQ)
		OPEN HOUSE WEEK: 5/4-5/10				
4 Restorative Yoga 9:30 am GM3 FIT4BABY 3 pm (AP) <i>Restore & Recover 8:15 pm (VS)</i>	5 Virtual Boost 5:15 am Strides + Barre Mashup 9:30 am (GM1)	6 Boost 5:15 am/8 pm (GM2) FREE Stroller Walk + Talk 9:30 am (GM4) <i>Boost Express 10 am (VS)</i>	7 <i>Body Ignite 5:30 am (VS)</i> Boost 9:30 am (GM1) Strides 9:30 am (GM3) +Soft Play by Giggle Ground Virtual FIT4BABY 7 pm	8 Boost 5:15 am/8 pm (GM2) <i>Boost Express 12 pm (VS)</i>	9 Boost 9:30 am (GM1) Strides 9:30 am (GM4) +Infant Sign Language👋 <i>Cardio Barre 12:30 pm (VS)</i>	10 All-4-One Mom's Morning Out 8:15 am (GM3) Couple's Night Out: The Dinner Detective
11 Happy Mother's Day👑	12 Virtual Boost 5:15 am Strides 9:30 am (GM1)	13 Boost 5:15 am/8 pm (GM2) FREE Stroller Walk + Talk 9:30 am (GM4) <i>Boost Express 10 am (VS)</i>	14 <i>Body Ignite 5:30 am (VS)</i> Boost 9:30 am (GM1) Strides 9:30 am (GM3) Virtual FIT4BABY 7 pm	15 Boost 5:15 am/8 pm (GM2) <i>Boost Express 12 pm (VS)</i>	16 Boost 9:30 am (GM1) Strides 9:30 am (GM4) <i>Cardio Barre 12:30 pm (VS)</i>	17 Boost 7 am (GM1) Strides 9:30 am (KSQ)
18 FIT4BABY 3 pm (AP) <i>Restore & Recover 8:15 pm (VS)</i>	19 Virtual Boost 5:15 am Strides 9:30 am (GM1)	20 Boost 5:15 am/8 pm (GM2) FREE Stroller Walk + Talk 9:30 am (GM4) <i>Boost Express 10 am (VS)</i>	21 <i>Body Ignite 5:30 am (VS)</i> Boost 9:30 am (GM1) Strides 9:30 am (GM3) Virtual FIT4BABY 7 pm	22 Boost 5:15 am/8 pm (GM2) 🌟 NEW: Stroller Barre 9:30 AM (GM2) +Music w/Miss Brooke🎵 <i>Boost Express 12 pm (VS)</i>	23 Boost 9:30 am (GM1) Strides 9:30 am (GM4) <i>Cardio Barre 12:30 pm (VS)</i>	24 Boost 7 am (GM1) Strides 9:30 am (KSQ)
25 FIT4BABY 3 pm (AP) <i>Restore & Recover 8:15 pm (VS)</i>	26 Virtual Boost 5:15 am Strides 9:30 am (GM1)	27 Boost 5:15 am/8 pm (GM2) FREE Stroller Walk + Talk 9:30 am (GM4) <i>Boost Express 10 am (VS)</i>	28 <i>Body Ignite 5:30 am (VS)</i> Boost 9:30 am (GM1) Strides 9:30 am (GM3) Virtual FIT4BABY 7 pm Book Club 7 pm	29 Boost 5:15 am/8 pm (GM2) Stroller Barre 9:30 AM (GM2) <i>Boost Express 12 pm (VS)</i> Virtual FIT4BABY 7 pm	30 Boost 9:30 am (GM1) Strides 9:30 am (GM4) <i>Cardio Barre 12:30 pm (VS)</i>	31 Boost 7 am (GM1) FREE CocoMelon Stroller Strides 9:30 am (KSQ) +Music w/Upland Country Day School