

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)
Boost Express 12 pm (VS)

2
 Boost 9:30 am (Kicks)
 Strides 9:30 am (Kicks)
Cardio Barre 12:30 pm (VS)

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)
Restore & Recover 8:15 pm (VS)

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)
Boost Express 10 am (VS)

7
Body Ignite 5:30 am (VS)
 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)
Boost Express 12 pm (VS)

9
 Boost 9:30 am (GM1)
Strides 9:30 am (GM4)
+Infant Sign Language
Cardio Barre 12:30 pm (VS)

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)
Boost Express 10 am (VS)

14
Body Ignite 5:30 am (VS)
 Boost 9:30 am (GM1)
 Strides 9:30 am (GM3)
 Virtual FIT4BABY 7 pm

15
 Boost 5:15 am/8 pm (GM2)
Boost Express 12 pm (VS)

16
 Boost 9:30 am (GM1)
 Strides 9:30 am (GM4)
Cardio Barre 12:30 pm (VS)

17
 Boost 7 am (GM1)
 Strides 9:30 am (KSQ)

18
 FIT4BABY 3 pm (AP)
Restore & Recover 8:15 pm (VS)

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)
Boost Express 10 am (VS)

21
Body Ignite 5:30 am (VS)
 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 🎵
Boost Express 12 pm (VS)

23
 Boost 9:30 am (GM1)
 Strides 9:30 am (GM4)
Cardio Barre 12:30 pm (VS)

24
 Boost 7 am (GM1)
 Strides 9:30 am (KSQ)

25
 FIT4BABY 3 pm (AP)
Restore & Recover 8:15 pm (VS)

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)
Boost Express 10 am (VS)

28
Body Ignite 5:30 am (VS)
 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)
Boost Express 12 pm (VS)
 Virtual FIT4BABY 7 pm

30
 Boost 9:30 am (GM1)
 Strides 9:30 am (GM4)
Cardio Barre 12:30 pm (VS)

31
 Boost 7 am (GM1)
Strides Spring Fling 9:30 am (KSQ)
+Music w/Upland Country Day School