




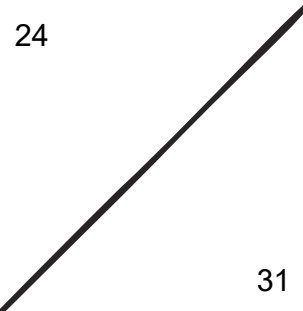



FIT4MOM Event Calendar

MAY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Month of Mama Begins	2
OPEN HOUSE WEEK: 5/3-5/9						
3	4	5	6	7  WALK CLUB	8  STRIDES + SEEDS <i>w/Mother Compost</i>	9 ALL-4-ONE MOMS' MORNING OUT
10	11	12	13  BOOK CLUB	14	15 STROLLER STRIDES + SLEEP BASICS <i>w/Sleepy Solutions Consulting</i>	16
17  DELCO BRUNCHALONG MOMS' MORNING OUT	18	19	20  STRIDES + SWIM <i>members only</i>	21	22	23 Body Well Session Ends
24 	25 Memorial Day 	26	27	28	29	30
31						

EVENTS LISTED IN CORAL FOLLOW STRIDES CLASSES

ITEMS LISTED IN GRAY ARE SEPARATE EVENTS