



**May Center for Health, Fitness & Sport
Consolidated Class Calendar – Spring, 2025**

**Adult Sports, Aquatics & Fitness Classes
(except Boxing for Adults, Yoga for Parent and Baby,
PEP!, Parkinson’s Support Group and Post Op Cancer Program)**

| Day | Start | End | No Classes |
|------------|--------------|------------|--------------------------------------|
| Sun | Jan 26 | Jun 8 | Apr 13, Apr 20, May 25 |
| Mon | Jan 27 | Jun 9 | Feb 17, Mar 31*, Apr 14, May 26 |
| Tue | Jan 28 | Jun 10 | Apr 15 |
| Wed | Feb 5 | Jun 11 | Apr 16 |
| Thu | Jan 30 | Jun 12 | Apr 17, Jun 5 |
| Fri | Jan 31 | Jun 13 | Apr 18 |
| Sat | Feb 1 | Jun 14 | Apr 12 [†] , Apr 19, May 24 |

All classes, regardless of the number of sessions, adhere to the “No Classes” schedule above.

* Children’s classes which *begin after 3:15 pm* will not meet.

† Classes which begin *after 5 pm* will not meet.

May Center 212.415.5700

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|-----------------------|---------------------|---------------------------|---------------------|
| Registration | 212.415.5500 | Membership | 212.415.5729 |
| Aquatics | 212.415.5718 | Gymnastics/KidsGym | 212.415.5710 |
| Wellness | 212.415.5722 | Sports | 212.415.5714 |
| Group Exercise | 212.415.5702 | Health Promotion | 212.415.5724 |