



May Center for Health, Fitness & Sport
Class Calendar - Spring, 2025

PEP! (Parkinson’s Exercise Program) Classes

Day	Start	End	No Classes
Tue	Jan 28	Mar 18	
Thu	Feb 6	Mar 27	
Tue	Apr 8	Jun 3	Apr 15
Thu	Apr 10	Jun 12	Apr 17, Jun 5

Parkinson’s and Other Neurological Conditions Support Group

Day	Start	End	No Classes
Tue	Jan 28	Mar 18	
Tue	Apr 8	Jun 3	Apr 15

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

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