


May 2019 Class Schedule & Events

1055 N. Hercules Ave. • Clearwater, FL 33765 • 727-461-4054 • www.awilife.org



Have you checked us out yet?

Find our page by "searching" in Facebook: Aging & Wellness Institute
Events, Videos, Photos, News, Happenings and more!

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Home of the Free Because of the Brave</i> HAPPY MEMORIAL DAY</p>		1 Functional Fitness 9:00,11:00,12:00 Yoga 10:00 "Your Life Your Weigh" Follow up/discussion Session 11:00	2 Functional Fitness 9:00,11:00,12:00 Yoga 10:00, 12:00	3 Functional Fitness 9:00,11:00,12:00 Yoga 10:00
6 Functional Fitness 9:00,11:00,12:00 Enhance Fitness 10:00 Yoga 12:00 "Eating Out" 11:00 Class 1	7 Functional Fitness 9:00,11:00,12:00 Yoga 12:00 5:30-NEW TIME	8 Functional Fitness 9:00,11:00,12:00 Enhance Fitness 10:00 Yoga 10:00	9 Functional Fitness 9:00,11:00,12:00 Yoga 10:00	10 Functional Fitness 9:00,11:00,12:00 Enhance Fitness 10:00 Yoga 10:00
13 Functional Fitness 9:00,11:00,12:00 Enhance Fitness 10:00 Yoga 12:00 "Eating Out" 11:00 Class 2	14 Functional Fitness 9:00,11:00,12:00 Yoga 12:00 5:30-NEW TIME Nutrition Essentials "Antioxidants" 10:00	15 Functional Fitness 9:00,11:00,12:00 Enhance Fitness 10:00 Yoga 10:00	16 Functional Fitness 9:00,11:00,12:00 Yoga 10:00	17 Functional Fitness 9:00,11:00,12:00 Enhance Fitness 10:00 Yoga 10:00
20 Functional Fitness 9:00,11:00,12:00 Enhance Fitness 10:00 Yoga 12:00 "Eating Out" 11:00 Class 3	21 Functional Fitness 9:00,11:00,12:00 Yoga 12:00 5:30-NEW TIME "Estate Planning 101" 10:00 Kenneth J. Crotty, J.D. LL.M.	22 Functional Fitness 9:00,11:00,12:00 Enhance Fitness 10:00 Yoga 10:00	23 Functional Fitness 9:00,11:00,12:00 Yoga 10:00	24 Functional Fitness 9:00,11:00,12:00 Enhance Fitness 10:00 Yoga 10:00
27 AWI will be closed In observance of Memorial Day. 	28 Functional Fitness 9:00,11:00,12:00 Yoga 12:00 5:30-NEW TIME	29 Functional Fitness 9:00,11:00,12:00 Enhance Fitness 10:00 Yoga 10:00	30 Functional Fitness 9:00,11:00,12:00 Yoga 10:00	31 Functional Fitness 9:00,11:00,12:00 Enhance Fitness 10:00 Yoga 10:00