



AquaFit Announcements

We are looking for volunteers to help decorate for the Cinco de Mayo party! We hang streamers, lights if they fit the decor, table runners, etc. AND we are looking for people to help cook and dice veggies for the event the night before and/or day of.

Join us for an evening featuring lots of Mexican food! We will be reaching out soon for help with decorations, games, drinks, and food —stay tuned.

Thank you for being part of our AquaFit community 💙



Celebrate Cinco De Mayo with us at AquaFit on Tuesday, May 5th and enjoy a big taco bar and games!

Event Details

Date: May 5, 2026 (Tuesday)

Time: 5:00 PM – 8:00 PM

Tickets: \$25 per person

More Events to Watch For:

- Plant & Yard Sale, **June** -
 - Rubber Duckie Day, **September** -
 - Thanksgiving Party, **November** -
 - Christmas Cookie Exchange, **December** -
- AND MORE, so keep a lookout!

Here Are the Schedules!

Always check the pool desk for the most up-to-date class schedule

 POOL SCHEDULE				
57121 Sunnyslope Dr., Yucca Valley (760) 365-9661 <i>May 2026</i>				
Monday	Tuesday	Wednesday	Thursday	Friday
7 AM <i>Advanced Aerobics</i> Wanda Stadum	7 AM <i>Advanced Aerobics</i> Wanda Stadum	7 AM No Class	7 AM <i>Advanced Aerobics</i> Wanda Stadum	7 AM <i>Advanced Aerobics</i> Wanda Stadum
8 AM <i>Intermediate Aerobics</i> Cecilia Neale	8 AM <i>Intermediate Aerobics</i> Cecilia Neale	8 AM <i>Intermediate Aerobics</i> Cecilia Neale	8 AM <i>Intermediate Aerobics</i> Cecilia Neale	8 AM <i>Intermediate Aerobics</i> Sunny Evans
9 AM <i>Yoga in the Water</i> Sunny Evans	9 AM <i>Active Warm Water</i> Scott McKone	9 AM <i>Yoga in the Water</i> Sunny Evans	9 AM <i>Active Warm Water</i> Scott McKone	9 AM <i>Yoga in the Water</i> Sunny Evans
10 AM <i>Rockin' & Rollin' Aerobics</i> Kathryn Hilton	10 AM <i>Intro to Aerobics</i> Donna Tomlinson	10 AM <i>Basic Warm Water</i> Kathy Breslin	10 AM <i>Intro to Aerobics</i> Donna Tomlinson	10 AM <i>Basic Warm Water</i> Kathy Breslin
11 AM <i>Active Warm Water</i> Terry Medford	11 AM <i>Walkie-Talkie</i> Joyce Johnson	11 AM <i>Basic Warm Water</i> Kathy Breslin	11 AM <i>Walkie-Talkie</i> Joyce Johnson	11 AM <i>Active Warm Water</i> Terry Medford
12 PM <i>Aerobics</i> Tommy Dodson	12 PM No class	12 PM <i>Aerobics</i> Tommy Dotson	12 PM No class	12 PM <i>Aerobics</i> Tommy Dodson
	6-8 PM <i>Active Adult Volleyball</i> Anita/Michal Brock			
OUR HOURS ARE MON-FRI 7am to 1:30pm WED 8am to 1:30pm				
Schedule is subject to change				



AQUAFIT ACTIVITIES CENTER CALENDAR May 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
NOP - Not Open To Public	IN BLUE: OPEN TO EVERY- ONE. PLEASE JOIN	All classes and activities are subject to change	Email: Activities@mbchg.org	If there's a class you'd like to teach, please contact Dottie Hennacy Activities@mbchg.org	57121 Sunnyslope Dr. Yucca Valley, CA 92284 (760) 365-9661	
					1 Watercolor 9-11	2
3	4 Yoga 9-10am	5 Stretch & Tone 10-11 Event 5-7	6 Yoga 9-10am	7 Stretch & Tone 10-11	8 Parkinson's Mtg. 11:30-12:30 Watercolor 9-11	9
10	11 Yoga 9-10am	12 Stretch & Tone 10-11	13 Yoga 9-10am 1-3:30 Sportettes	14 Stretch & Tone 10-11 1-4 Bunco	15 Watercolor 9-11	16
17	18 Yoga 9-10am	19 Stretch & Tone 10-11	20 Yoga 9-10am	21 Stretch & Tone 10-11 4:00-6:00 Board Mtg. 6:00-8:00 Old Car Club	22 Watercolor 9-11	23 Life Stream Blood Bank 9-2
24 31 /	25 Yoga 9-10am	26 Stretch & Tone 10-11	27 Yoga 9-10am	18 Stretch & Tone 10-11	29 Watercolor 9-11	30

We have a place for you!

We are always welcoming new volunteers! Join our fantastic team of pool and land instructors, front desk greeters, and computer whizzes. Have a special talent or unique hobby? We'd love to have you host a class!



We want to hear from you!

This newsletter is for YOU. Do you have announcement? A special thank you? A story about how the Center has impacted your life? We want to hear it! Email us at admin@mbchg.org (please put ATTN: Newsletter in the subject line).



AquaFit (formerly The Center for Healthy Generations)
57121 Sunnyslope Dr., Yucca Valley, CA 92284
(760) 365-9661
admin@mbchg.org www.mbchg.org

Connect with us



AquaFit (formerly The Center for Healthy Generations) | 57121 Sunnyslope Dr. | Yucca Valley, CA 92284
US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!