



May Center for Health, Fitness & Sport Class Calendar – Summer, 2026

PEP! (Parkinson's Exercise Program) Classes

#/Wks	Day	Start	End	No Classes
8	Tue	6/23	8/11	
8	Thu	6/25	8/13	

May Center 212.415.5700

Registration 212.415.5500
Aquatics 212.415.5718
Rentals 212.415.5722
Group Exercise 212.415.5702

Membership 212.415.5729
Gymnastics/KidsGym 212.415.5710
Sports 212.415.5714
Health Promotion 212.415.5722



May Center for Health, Fitness & Sport Class Calendar - Fall, 2026

Adult Fitness Classes

Boxing for Adults (All Levels)

Day	Start	End	No Classes
Mon	Sep 14	Nov 9	Sep 21
Mon	Nov 16	Jan 11	Dec 28

Yoga for Parent and Baby

Tue	Sep 15	Nov 10	
Tue	Nov 17	Jan 19	Dec 29

PEP! (Parkinson's Exercise Program)

Tue	Sep 8	Oct 27	
Thu	Sep 10	Oct 29	
Tue	Nov 17	Jan 12	Dec 29
Thu	Nov 12	Jan 21	Nov 26, Dec 24, Dec 31

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

* Children's Classes which begin *after* 3 pm will not be held.

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May Center 212.415.5700

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Health Promotion	212.415.5722	Sports	212.415.5714
Group Exercise	212.415.5702		