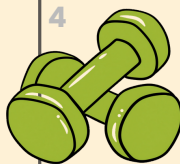
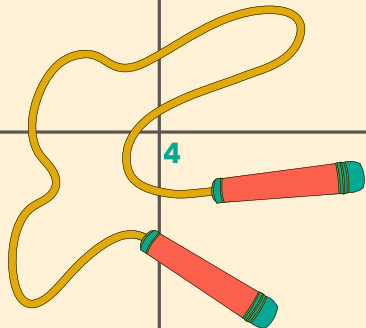


# MAY 2026

**EAST LIBERTY WELLNESS CENTER**  
 ELP\_WELLNESS\_CENTER@HAM.HONDA.COM



SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	



**Staffed 5 AM–7 PM**  
**Unstaffed Access Only**

**SUNRISE BOOTCAMP**  
**Tuesdays at 5 AM with David**  
 Start your morning strong with a mix of strength, cardio, and energizing movement.

**STRENGTH & STRETCH**  
**Wednesdays at 4 PM with Kylie**  
 Full-body dumbbell workout followed by 10 minutes of intentional stretching. **\*5/20 class cancelled.**

**CAFETERIA DEMOS:**  
**Wednesday, May 6th**  
 We will be available in the ELP cafeteria the first Wednesday of every month at 5:00–7:30 AM & 10:00 AM–1:00 PM. We're doing seated assisted stretch and massage gun demos and answering any questions you may have.

**ELP "IN THE KNOW" FAIR**  
**Wednesday, May 20th**  
 Come see us at our table at the fair in the ELP cafeteria!

**MEMORIAL DAY**  
**Mon, May 25<sup>th</sup> Unstaffed access only**  
 Please make sure your membership is active before the long weekend.

**VIRTUAL STRETCH BREAK**  
**Friday, May 29 | 10 AM**  
 Join us on Teams for a guided desk stretch break you can do right from your workspace. Scan the QR code to sign up and receive the meeting invite.