

Below are important events and activities for the 2025 competition season.
Please click the event to learn details. We look forward to staying healthy with you!

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Information about fitness classes is provided for educational purposes only. Mecklenburg County Public Health does not endorse any class or instructor nor guarantee safety or efficacy. Participants should make their own determination about the appropriateness and risk of participation.

Home 5 **TODAY** < > **May 2025**

TC Elder Academy	Mon	Tue	Wed	Thu	Fri	Sat	Sun
VHB Challenge	29 Pickleball Dancing Jal Chair	29 ● 10:00am Pickleball ● 6:00pm Step, Streng ● 6:15pm Line Dancin	30 ● 10:00am Strength T ● 5:00pm Food Minist ● 5:30pm Healthy Rec ● 6:00pm Aerobics - C ● 6:00pm Stretch Fusi ● 6:30pm Low Impact ● 7:00pm Healthy Rec	1 ● 10:00am Pickleball ● 6:00pm Community ● 6:00pm Dance Fit C ● 6:00pm Shredded A ● 6:30pm Virtual Chair	2 ● 6:15pm Line Dancin	3	4 ● 3:00pm Low Impact ● 4:00pm Adult – 3 vs
VHB Calendar							
Community Resources							
Contact							
May 2025 Health Observances	6 Pickleball Dancing Jal Chair	6 ● 10:00am Pickleball ● 5:00pm Run/Walk w ● 6:00pm Step, Streng ● 6:15pm Line Dancin	7 ● 10:00am Strength T ● 5:00pm Food Minist ● 6:00pm Aerobics - C ● 6:00pm Stretch Fusi ● 6:00pm Wellness in ● 6:30pm Low Impact	8 ● 10:00am Pickleball ● 6:00pm Community ● 6:00pm Dance Fit C ● 6:00pm Shredded A ● 6:30pm Virtual Chair	9 ● 6:15pm Line Dancin	10 ● 10:00am National F	11 ● 3:00pm Low Impact ● 4:00pm Adult – 3 vs
	13 Pickleball Dancing Jal Chair	13 ● 10:00am Pickleball ● 6:00pm Step, Streng ● 6:15pm Line Dancin	14 ● 10:00am Strength T ● 5:00pm Food Minist ● 6:00pm Aerobics - C ● 6:00pm Stretch Fusi ● 6:30pm Low Impact	15 ● 10:00am Pickleball ● 6:00pm Community ● 6:00pm Dance Fit C ● 6:00pm Shredded A ● 6:30pm Virtual Chair	16 ● 6:15pm Line Dancin	17	18 ● 3:00pm Low Impact ● 4:00pm Adult – 3 vs
	20 Pickleball Dancing Jal Chair	20 ● 10:00am Pickleball ● 6:00pm Step, Streng ● 6:15pm Line Dancin	21 ● 10:00am Strength T ● 5:00pm Food Minist ● 6:00pm Aerobics - C ● 6:00pm Stretch Fusi ● 6:30pm Low Impact	22 ● 10:00am Pickleball ● 6:00pm Dance Fit C ● 6:00pm Shredded A ● 6:30pm Virtual Chair	23 ● 6:15pm Line Dancin	24	25 ● 3:00pm Low Impact ● 4:00pm Adult – 3 vs
Learn Here	27 Pickleball Dancing Jal Chair	27 ● 10:00am Pickleball ● 6:00pm Step, Streng ● 6:15pm Line Dancin	28 ● 10:00am Strength T ● 5:00pm Food Minist ● 5:30pm Healthy Rec ● 6:00pm Aerobics - C ● 6:00pm Stretch Fusi ● 6:30pm Low Impact ● 7:00pm Healthy Rec	29 ● 10:00am Pickleball ● 6:00pm Dance Fit C ● 6:00pm Shredded A ● 6:30pm Virtual Chair	30 ● 6:15pm Line Dancin	31 ● 9:00am Greenville N ● 9:00am Monthly Gro	1 ● 3:00pm Low Impact ● 4:00pm Adult – 3 vs
Learn Here							

