

June 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 Zumba 9am Chair Zumba 10am
3 Core & More 9am Sit & Tone 10am Zumba 4pm	4 Zumba 9:30 am Chair Yoga 10am	5 Barre 9am Walking Fit 10am Dance and Tone 4pm	6 Conditioning 9am Aquacise 9:30am Chair Yoga 10am Chi Move & Meditate 11am	7 Balance & Stretch 9:15m	8 Zumba 9am Chair Zumba 10am Equipment Orientation 9-10am
10 Core & More 9am Sit & Tone 10am Zumba 4pm	11 Zumba 9:30 am Chair Yoga 10am	12 Barre 9am Walking Fit 10am Dance and Tone 4pm	13 Conditioning 9am Aquacise 9:30am Chair Yoga 10am Chi Move & Meditate 11am	14 Balance & Stretch 9:15am	15 Zumba 9am Chair Zumba 10am
17 Core & More 9am Sit & Tone 10am Zumba 4pm	18 Zumba 9:30 am Chair Yoga 10am	19 Barre 9am Walking Fit 10am Dance and Tone 4pm	20 Conditioning 9am Aquacise 9:30am Chair Yoga 10am Chi Move & Meditate 11am Equipment Orientation 9-10am	21 Balance & Stretch 9:15am	22 Zumba 9am Chair Zumba 10am
24 Core & More 9am Sit & Tone 10am Zumba 4pm	25 Outdoor Aquacise with DAWN 9:30 am Chair Yoga 10am	26 Barre 9am Walking Fit 10am Dance and Tone 4pm	27 Conditioning 9am Aquacise 9:30am Chair Yoga 10am Chi Move & Meditate 11am	28 Balance & Stretch 9:15am	29 Zumba 9am Chair Zumba 10am

*** OUTDOOR AQUACISE WITH DAWN!**

Tuesdays at 9:30am **Starts Tuesday June 25 th.**