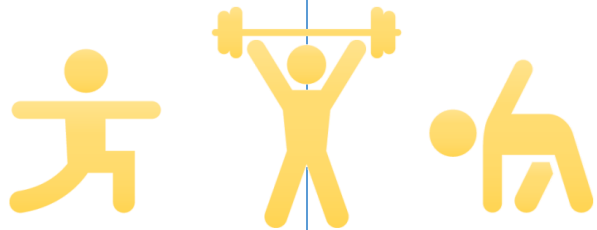


Health & Wellness

June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	2 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre CENTER CLOSING AT NOON	3 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
6 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	7 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	8 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	9 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	10 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
13 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	14 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	15 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	16 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	17 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
20 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	21 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	22 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	23 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	24 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
27 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	28 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	29 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	30 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	