

# Health & Wellness

## June

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