

JUNE 2019 EXERCISE CALENDAR

4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA (N) 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD 2:30-3:30 Line Dance II (E) 3:30-4:30 Line Dance I (E) 5:30 ZUMBA TONING	4 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 4:30 STRONG by Zumba 5:30 Group Training (N)	5 8:00 Yoga (E) 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) 2:15 NO HOOP DANCE FITNESS 5:30 ZUMBA	6 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 Chair Yoga 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 2:00 DANCE-THE BALLROOM WORKOUT (N) 4:30 STRONG by Zumba 5:30 Group Training	7 8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM (O) 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS 1:00 ZUMBA GOLD 2:15 NO HOOP DANCE FITNESS
10 8:00 Yoga (O) 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 NO ZUMBA GOLD 2:30-3:30 NO Line Dance II 3:30-4:30 NO Line Dance I 5:30 NO ZUMBA TONING	11 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 NO FIT AND FABULOUS 1:30 NO ZUMBA GOLD CHAIR 2:30 NO 30 MIN. ZUMBA GOLD 4:30 NO STRONG by Zumba 5:30 Group Training	12 8:00 Yoga (N) 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 NO ZUMBA GOLD (T) 2:15 HOOP DANCE FITNESS (O) 5:30 NO ZUMBA	13 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 Chair Yoga 10:15 NO ZUMBA GOLD CHAIR 11:15 NO 30 MIN. ZUMBA GOLD 12:30 NO FIT AND FABULOUS 2:00 DANCE-THE BALLROOM WORKOUT 4:30 NO STRONG by Zumba 5:30 Group Training	14 8:15 B FIT 9:10 PEPS 10:15 NO ZUMBA GOLD FRIDAY AM 11:30 NO 30 MIN. ZUMBA GOLD 12:15 NO FIT & FABULOUS 1:00 NO ZUMBA GOLD 2:15 HOOP DANCE FITNESS (N)
17 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD 2:30-3:30 Line Dance II (N) 3:30-4:30 Line Dance I (N) 5:30 ZUMBA TONING	18 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 4:30 STRONG by Zumba 5:30 Group Training	19 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA	20 8:00 Seniors Circuit 9:00 NO GENTLE YOGA 9:15 LOW AND SLOW 10:15 NO Chair Yoga 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 2:00 DANCE-THE BALLROOM WORKOUT 4:30 STRONG by Zumba (E) 5:30 Group Training	21 8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM (N) 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS
24 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD 2:30-3:30 Line Dance II 3:30-4:30 Line Dance I 5:30 ZUMBA TONING	25 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 4:30 STRONG by Zumba (N) 5:30 Group Training	26 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA	27 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 Chair Yoga 10:15 ZUMBA GOLD CHAIR (E) 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 2:00 DANCE-THE BALLROOM WORKOUT 4:30 STRONG by Zumba 5:30 Group Training	28 8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS

SATURDAY

CORE 'N MORE

8:15-9:00 AM

NEW SESSION:

April 27th—June 8th

No: May 25th

KEY:

(N) New session starts

(O) Open class, come

try it out

(E) Session ends