

June 2018 Silver Sneakers & Senior Exercise Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Yoga Stretch 9:15-10a.m. *	2
3	4 Classic 10- 10:45a.m.	5 Circuit 10- 10:45a.m.	6 Classic 10- 10:45a.m.	7 Circuit 10- 10:45a.m.	8 Yoga Stretch 9:15-10a.m. *	9
10	11 Classic 10- 10:45a.m.	12 Circuit 10- 10:45a.m.	13 Classic 10- 10:45a.m.	14 Circuit 10- 10:45a.m.	15 Yoga Stretch 9:15- 10a.m. *	16
17	18 Classic 10- 10:45a.m.	19 Circuit 10- 10:45a.m.	20 Classic 10- 10:45a.m.	21 Circuit 10- 10:45a.m.	22 Yoga Stretch 9:15- 10a.m. *	23
24	25 Classic 10- 10:45a.m.	26 Circuit 10- 10:45a.m.	27 Classic 10- 10:45a.m.	28 Circuit 10- 10:45a.m.	29 Yoga Stretch 9:15- 10a.m. *	30