



GROUP FITNESS

SPORTS OF ALL SORTS



JUNE 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				9:30-10:15 CARDIO DRUMMING AMY	TAI CHI WITH AMY 8:45-9:15AM Senior-FIT AMY	
				10:30-11:15 SILVER SNEAKERS YOGA TONI	10:30-11:15 Silver Sneaker's Classic TONI	
4	5	6	7	8	9	10
	9:30 - 10:15 Senior-FIT AMY	9:30-10:15 CARDIO DRUMMING AMY	9:30 - 10:15 CIRCUIT	9:30-10:15 CARDIO-DANCE AMY	TAI CHI WITH AMY 8:45-9:15AM Senior-FIT AMY	
	10:30-11:15 Silver Sneaker's Classic TONI	10:30-11:15 SILVER SNEAKERS YOGA TONI	10:30 - 11:15 Silver Sneaker's Classic AMY	10:30-11:15 SILVER SNEAKERS YOGA TONI	10:30-11:15 Silver Sneaker's Classic AMY	
11	12	13	14	15	16	17
	9:30 - 10:15 Senior-FIT AMY	9:30-10:15 CARDIO-DANCE AMY	9:30 - 10:15 TABATA CIRCUIT	9:30-10:15 CARDIO DRUMMING AMY	TAI CHI WITH AMY 8:45-9:15AM Senior-FIT AMY	
	10:30-11:15 Silver Sneaker's Classic AMY	10:30-11:15 SILVER SNEAKERS YOGA TONI	10:30 - 11:15 Silver Sneaker's Classic AMY	10:30-11:15 SILVER SNEAKERS YOGA TONI	10:30-11:15 Silver Sneaker's Classic TONI	
18	19	20	21	22	23	24
	9:30 - 10:15 Senior-FIT AMY	9:30-10:15 CARDIO DRUMMING AMY	9:30 - 10:15 CIRCUIT	9:30-10:15 CARDIO-DANCE AMY	TAI CHI WITH AMY 8:45-9:15AM Senior-FIT AMY	
	10:30-11:15 Silver Sneaker's Classic TONI	10:30-11:15 SILVER SNEAKERS YOGA TONI	10:30 - 11:15 Silver Sneaker's Classic AMY	10:30-11:15 SILVER SNEAKERS YOGA TONI	10:30-11:15 Silver Sneaker's Classic TONI	
25	26	27	28	29	30	
	9:30 - 10:15 Senior-FIT AMY	9:30-10:15 CARDIO-DANCE AMY	9:30 - 10:15 TABATA CIRCUIT	9:30-10:15 CARDIO-DANCE AMY	TAI CHI WITH AMY 8:45-9:15AM Senior-FIT AMY	
	10:30-11:15 Silver Sneaker's Classic AMY	10:30-11:15 SILVER SNEAKERS YOGA TONI	10:30 - 11:15 Silver Sneaker's Classic AMY	10:30-11:15 SILVER SNEAKERS YOGA TONI	10:30-11:15 Silver Sneaker's Classic TONI	