

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Classes highlighted in blue are held in the Oakside Group Exercise Room located next to the Wellness Center.</p> <p>Classes highlighted in red are held in the Lakeside Essence lounge.</p> <p>Meditation is held in the garden of life hall at our Oakside community</p>			<p>1</p> <p>9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit</p>	<p>2</p> <p>8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation</p>
<p>5</p> <p>8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Yoga</p>	<p>6</p> <p>10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:00 Tai Chi</p>	<p>7</p> <p>8:15 Fitness 9:00 Fitness 9:30 Ageless Grace 2:00 Exercisin' with therapy</p>	<p>8</p> <p>9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit</p>	<p>9</p> <p>8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation</p>
<p>12</p> <p>8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Yoga</p>	<p>13</p> <p>10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:00 Tai Chi</p>	<p>14</p> <p>8:15 Fitness 9:00 Fitness 9:30 Ageless Grace 2:00 Exercisin' with therapy</p>	<p>15</p> <p>9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit</p>	<p>16</p> <p>8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation</p>
<p>19</p> <p>8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Yoga</p>	<p>20</p> <p>10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:00 Tai Chi</p>	<p>21</p> <p>8:15 Fitness 9:00 Fitness 9:30 Ageless Grace 2:00 Exercisin' with therapy</p>	<p>22</p> <p>9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit</p>	<p>23</p> <p>8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation</p>
<p>26</p> <p>8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Yoga</p>	<p>27</p> <p>10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:00 Tai Chi</p>	<p>28</p> <p>8:15 Fitness 9:00 Fitness 9:30 Ageless Grace 2:00 Exercisin' with therapy</p>	<p>29</p> <p>9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit</p>	<p>30</p> <p>8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation</p>