

June 2024 Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 1:15 Seated Yoga 2:30 Combo Yoga	4 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:30 Tai Chi	5 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercisin' with therapy	6 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 3:00 Ping Pong	7 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
10 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 1:15 Seated Yoga 2:30 Combo Yoga	11 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit	12 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercisin' with therapy	13 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 3:00 Ping Pong	14 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
17 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 1:15 Seated Yoga 2:30 Combo Yoga	18 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:30 Tai Chi	19 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercisin' with therapy	20 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 3:00 Ping Pong	21 8:15 Fitness 9:00 Fitness 10:00 Water In Motion 2:00 Meditation
24 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 1:15 Seated Yoga 2:30 Combo Yoga	25 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:30 Tai Chi	26 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercisin' with therapy	27 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 3:00 Ping Pong	28 8:15 Fitness 9:00 Fitness 10:00 Water In Motion
<ul style="list-style-type: none"> ➤ Classes highlighted in blue are held in the Oakside Group Exercise room located next to the Wellness Center ➤ Classes highlighted in red are held in the Lakeside Essence lounge ➤ Meditation is held in the garden of life hall 				

