

June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Small Group Training on Mondays is a form of Personal Training by Justin with a Max of 4 participants. It is at cost of \$25.00 per class.	27	28 	29 	30 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW NO EVENING CLASS	31 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE NO EVENING CLASSES	1 9:00-9:45 NO CLASS this week only
2 CLOSED	3 8:30-9:00 LINE DANCE 9:00-9:30 STRETCH 4:30-5:00 POWERSCULPT 5-6 Samll Group Training	4 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA	5 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH 4:30-5:15 DROP-IN CIRCUIT	6 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW NO EVENING CLASS	7 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE NO EVENING CLASSES	8 9:00-9:45 POWERSCULPT by Heather
9 CLOSED	10 8:30-9:00 LINE DANCE 9:00-9:30 STRETCH 4:30-5:00 POWERSCULPT No Small Group this week	11 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA	12 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH 4:30-5:15 POWERSCULPT	13 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW NO EVENING CLASS	14 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE NO EVENING CLASSES	15 9:00-9:45 NO CLASS this week only
16 CLOSED	17 8:30-9:00 LINE DANCE 9:00-9:30 STRETCH 4:30-5:00 POWERSCULPT 5-6 Samll Group Training	18 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA	19 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH 4:30-5:15 DROP-IN CIRCUIT	20 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW NO EVENING CLASS	21 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE NO EVENING CLASSES	22 9:00-9:45 POWERSCULPT by Heather
23 CLOSED	24 8:30-9:00 LINE DANCE 9:00-9:30 STRETCH 4:30-5:00 POWERSCULPT 5-6 Samll Group Training	25 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA	26 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH 4:30-5:15 POWERSCULPT	27 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW NO EVENING CLASS	28 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE NO EVENING CLASSES	29 9:00-9:45 POWERSCULPT by Peggy
30 CLOSED	1	Instructor Color Code: Jeanne , Peggy , Steve , Justin , Kyoko , Heather				