



June Health and Fitness



Monday	Tuesday	Wednesday	Thursday	Friday
2 8:30am Easy Pace (Renee) 10:00am Line Dancing (Renee) 11:00am Active Aging Strength (MaryAnn) 12:15pm Balance & Strength* (Sandra) 1:30pm Balance & Strength* (Sandra) 4:00pm Yoga (Tania) 5:30pm Clogging (Loraine)	3 8:30am DrumFit (Diana) 9:30am Zumba Gold (Adaia) 10:30am Pilates (Meleah) 1:00pm Beginning Line Dancing (Dottie) 5:30pm Zumba (Sandra)	4 9:00am Zumba Gold Toning (Adaia) 10:00am Active Aging Strength (Sissy) 11:15am Balance & Strength* (Sandra) 12:30pm Balance & Strength* (Sandra) 2:30pm Line Dancing (Dottie) 3:45pm Mindful Flow & Core (Diana)	5 8:30am Easy Pace (Renee) 9:30am Zumba Gold (Adaia) 10:30am Pilates (Meleah) 11:45am Chair Yoga (Sandra) 1:00pm Balance & Strength* (Sandra) 4:00pm Restorative Yoga (Myrna) 5:30pm Zumba (Sandra)	6 9:30am Posture Strength (MaryAnn) 11:00am Balance & Strength* (Sandra) 12:15pm Balance & Strength* (Sandra)
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Gym Hours: Mon-Thurs: 8:00am-6:00pm, Friday: 8:00am-3:00pm

*Class is free for all BSBAC Members