



# June Health and Fitness



Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>1</b></p> <p>8:30a Easy Pace (Renee) 10:00a Adv. Line Dancing (Renee) 11:00a Active Aging Strength (Maryann) 12:15p Balance &amp; Strength* (Sandra) 1:30p Balance &amp; Strength* (Sandra) 4:00p Yoga (Tania) 5:30p Beginning from Scratch Clogging 6:30p Clogging (Lorraine)</p>	<p><b>2</b></p> <p>9:30a Zumba Gold (Adaia) 10:30a DrumFit (Diana) 1:00p Beg. Line Dancing (Dottie) 2:30p Pilates (Meleah) 3:45p Active Aging Strength (Maryann) 5:30p Zumba (Sandra)</p>	<p><b>3</b></p> <p>9:00a Zumba Gold Toning (Adaia) 10:00a Active Aging Strength (Sissy) 11:15a Balance &amp; Strength* (Sandra) 12:30p Balance &amp; Strength* (Sandra) 1:30p Tai Chi (Sandra) 2:30p Int. Line Dancing (Dottie) 3:45p Mindful Flow &amp; Core (Diana)</p>	<p><b>4</b></p> <p>8:30a Easy Pace (Renee) 9:30a Zumba Gold (Adaia) 10:45a Chair Yoga (Sandra) 12:00p Balance &amp; Strength* (Sandra) 2:30p Pilates (Meleah) 4:00p Restorative Yoga (Myrna) 5:30p Zumba (Sandra)</p>	<p><b>5</b></p> <p>8:15a Self-Defense (Diana) 9:30a Posture Strength (MaryAnn) 11:00a Balance &amp; Strength* (Sandra) 12:15p Balance &amp; Strength* (Sandra)</p>	
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