

June Strong Sterling

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	WALK & TALK 	Mon & Thurs 11:30 Meet on the track	Join us for a Mindful Morning Reflect & Connect June 25 @ 10:15 (AB)		SUMMER FUN! 	Zumba 9:15 w/Judi & Jen
2	3	4	5	6	7	8
BoomMove 8:15 BoomMuscle 9:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/ Janice A&B	Zumba Toning 9:15 w/Judi (GF) Silver Yoga 9:15 w/Sue (AB) Zumba 5:30pm w/Jen (GF)	Silver Circuit 9:15 w/Heather Court 2 Zumba 10:15 w/Andy (GF)	Zumba 9:15 w/Andy (GF) Tai Chi 10:15 w/Fawn (AB) Silver Classic 12:00 w/ Janice A&B	Chair Yoga 9:15 w/Dawn (AB) Silver Classic 9:15 w/Sue Court 2		
9	10	11	12	13	14	15
BoomMove 8:15 BoomMuscle 9:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/ Janice A&B	Zumba 9:15 w/Andy & Rebecca (GF) Silver Yoga 9:15 w/Sue (AB) Zumba 5:30pm w/Jen (GF)	Zumba 10:15 w/Andy (GF) Beginner Yoga 10:15 w/Dawn (AB)	Zumba 9:15 w/Andy (GF) Tai Chi 10:15 w/Fawn (AB) Silver Classic 12:00 w/ Janice A&B	Chair Yoga 9:15 w/Dawn (AB) Silver Circuit 9:15 w/Heather Court 2	Zumba 9:15 w/Val & Jen	
16	17	18	19	20	21	22
BoomMove 8:15 BoomMuscle 9:15 w/Heather (GF) Chair Yoga 9:15 w/Sue (AB) Silver Classic 12:00 w/ Janice A&B	Zumba 9:15 w/Andy & Rebecca (GF) Silver Yoga 9:15 w/Sue (AB) Zumba 5:30pm w/Jen (GF)	Silver Classic 9:15 w/Sue Court 1 Zumba 10:15 w/Andy (GF)	Zumba 9:15 w/Andy (GF) Tai Chi 10:15 w/Fawn (AB) Silver Classic 12:00 w/ Janice A&B	Chair Yoga 9:15 w/Dawn (AB) Silver Circuit 9:15 w/Heather Court 2	Zumba 9:15 w/Andy & Val	
23	24	25	26	27	28	29
 BoomMove 8:15 BoomMuscle 9:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/ Janice A&B	Zumba 9:15 (GF) w/Andy & Rebecca (GF) Silver Chair Yoga 9:15 w/Sue & Dawn (AB) Mindful Morning Reflect & Connect 10:15 (AB)	Silver Circuit 9:15 w/Heather Court 1 Zumba 10:15 w/Andy (GF) Beginner Yoga 10:15 w/Dawn (AB)	Zumba 9:15 w/Judi (GF) Tai Chi 10:15 w/Heather (AB) Silver Classic 12:00 w/ Janice A&B	Chair Yoga 9:15 w/Dawn (AB) Silver Circuit 9:15 w/Heather Court 2	Zumba 9:15 w/Andy & Judi 	