

JUNE 2021

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|---|--|--|--|--|
| | 1 9:30 Strength/Balance 11:00 Strength/Balance | 2 9:00 Walking Group 9:30 Chair Yoga 11:00 Intermediate Tai Chi 11:00 Scrabble | 3 9:30 Strength/Balance 11:00 Strength/Balance | 4 9:00 Walking Group 9:30 Strength/Balance 11:00 Beginner Zumba |
| 7 9:00 Walking Group 11:00 Chair Yoga | 8 <u>Birthday Bash</u> 9:30 Strength/Balance 11:00 Strength/Balance | 9 9:00 Walking Group 9:30 Chair Yoga 11:00 Intermediate Tai Chi 11:00 Scrabble | 10 9:30 Strength/Balance 10:30 Bingo 11:00 Strength/Balance | 11 9:00 Walking Group <u>NO EXERCISE CLASSES TODAY!</u> Tag Sale Preview 6pm |
| 14 9:00 Walking Group 11:00 Chair Yoga | 15 9:30 Strength/Balance 11:00 Strength/Balance | 16 9:00 Walking Group 9:30 Chair Yoga 11:00 Intermediate Tai Chi 11:00 Scrabble | 17 <u>Spring Luncheon</u> <u>Take Out Lunch</u> 9:30 Strength/Balance 11:00 Strength/Balance | 18 <u>International Picnic Day</u> 9:00 Walking Group 9:30 Strength/Balance 11:00 Beginner Zumba |
| 21 9:00 Walking Group 11:00 Chair Yoga | 22 9:30 Strength/Balance 11:00 Strength/Balance | 23 9:00 Walking Group 9:30 Chair Yoga 11:00 Intermediate Tai Chi 11:00 Scrabble | 24 9:30 Strength/Balance 11:00 Strength/Balance | 25 9:00 Walking Group 9:30 Strength/Balance 11:00 Beginner Zumba |