

June 2019 – Wellness Center

****Senior Center is CLOSED Sunday, June 16th for Father's Day**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15 \$ ADVANCED FITNESS 10:00-12:00-PERSONAL TRAINING 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 PHC LECTURE- Dealing with Depression 12:30 \$ BOLLYX 1:30 – 4:15 PING PONG 1:45 \$ B.E.S.T	8:30-4:30 PING PONG 9:15 \$ PILATES, NEW SESSION 10:30 \$ CHAIR YOGA 12:30 \$ AGELESS GRACE 1:30 \$ TAP DANCE, NEW SESSION 2:45 BADMINTON	8:30-4:15 PING PONG 9:15 VIDEO FITNESS 10:30 NOW & ZEN 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON	8:30 – 4:15 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 1:45 \$ GET FIT	8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:15 \$ YOGASIZE 1:15 \$ ZUMBA 2:30 BADMINTON
8:30 – 4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 \$ BOLLYX 1:45 \$ B.E.S.T	8:30-4:30 PING PONG 9:15 \$ PILATES 10:30 \$ CHAIR YOGA 12:30 \$ AGELESS GRACE 1:30 \$ TAP DANCE 2:45 BADMINTON	8:30-4:15 PING PONG 9:15 VIDEO FITNESS 10:30 NO NOW & ZEN 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON	8:30 – 4:15 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 1:45 \$ GET FIT	8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:15 \$ YOGASIZE 1:15 \$ ZUMBA 2:30 BADMINTON
8:30 – 4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 11:30-1:30-PERSONAL TRAINING 12:30 \$ BOLLYX 1:45 \$ B.E.S.T	9:15 \$ PILATES 10:00-12:00 FREE BLOOD PRESSURE 10:30 \$ CHAIR YOGA 12:30-4:30 PING PONG 12:30 \$ AGELESS GRACE 1:30 \$ TAP DANCE 2:45 BADMINTON	8:30-4:15 PING PONG 9:15 VIDEO FITNESS 10:30 NOW & ZEN 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON	8:30 – 4:15 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 1:45 \$ GET FIT	8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:15 \$ YOGASIZE 1:15 \$ ZUMBA 2:30 BADMINTON
8:30 – 4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 \$ BOLLYX 1:45 \$ B.E.S.T	8:30-4:30 PING PONG 9:15 \$ PILATES 10:30 \$ CHAIR YOGA 12:30 \$ AGELESS GRACE 1:30 \$ TAP DANCE 2:45 BADMINTON	8:30-4:15 PING PONG 9:15 VIDEO FITNESS 12:30 \$ SCULPTING W/ WEIGHTS, NEW SESSION 1:45 BADMINTON	8:30 – 4:15 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 1:45 \$ GET FIT, NEW SESSION	8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERCISE 12:15 \$ YOGASIZE 1:15 \$ ZUMBA 2:30 BADMINTON



Gym Open Daily
8:30am – 4:15pm
MEDICALS MUST BE ON FILE,
UPDATED EVERY 2 YEARS &
BEEN TRAINED BEFORE
USING



JOIN A CLASS!
MUST:
 * HAVE MEDICALS ON FILE
 *WEAR PROPER ATTIRE
 * HAVE BEEN TRAINED
BEFORE ENROLLING

