







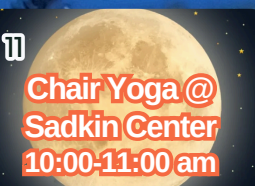
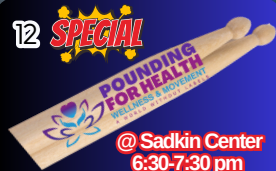

















# WELLNESS & MOVEMENT CLASS & EVENTS SCHEDULE

JUNE 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
02 	03  <b>Fusion Class</b> 9:30-11:00 am	04 	05  Chair Yoga @ St. George Park 9:00-10:00 am	06  <b>Pounding Class</b> 8:45-9:30 am	07 
09 	10  <b>Fusion Class</b> 9:30-11:00 am <b>Fitness Yoga @ Sadkin Center</b> 6:30-7:30 pm	11  <b>Chair Yoga @</b> <b>Sadkin Center</b> 10:00-11:00 am	12  <b>SPECIAL</b> <b>POUNDING FOR HEALTH</b> @ Sadkin Center 6:30-7:30 pm	13  <b>Pounding Class</b> 8:45-9:30 am	14 
16 	17  <b>Fusion Class</b> 9:30-11:00 am <b>Fitness Yoga @ Sadkin Center</b> 6:30-7:30 pm	18 	19  <b>You are</b> <b>AMAZING</b>	20  <b>Pounding Class</b> 8:45-9:30 am	21 
23  <b>DO WHAT</b> <b>• makes you •</b> <b>HAPPY</b>	24  <b>Fusion Class</b> 9:30-11:00 am <b>Fitness Yoga @ Sadkin Center</b> 6:30-7:30 pm	25  <b>Chair Yoga @</b> <b>Sadkin Center</b> 10:00-11:00 am	26  <b>Move</b> <b>your</b> <b>Body</b>	27  <b>Pounding Class</b> 8:45-9:30 am	28  <b>NATIONAL FOODIE DAY</b> <b>@ The Courtyard</b> 6:00 - 8:00 PM
30  <b>You</b> <b>are</b> <b>special</b>					

For more information call 954-599-4506