

June Month-At-A-Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>Start of New Class Schedule</i>	2 10:00 Cardio (All Levels) 10:00 Floor (Adv.) & Boxing (Basic) 11:00 Chair/Floor PWR! (Basic/Int.) 11:00 Boxing (Adv.) 12:00 Aquatics 12:00 Enhanced WellREP/HIIT (Adv.) 12:00 Enhanced WellREP (Basic/Int.) 1:00 Sing Out Loud & F45	3	4 10:00 F45 10:15 Bal-A-Vis-X (Basic) 11:00 Bal-A-Vis-X (Adv.) 11:00 Chair/Floor PWR! (Basic/Int.) 12:00 Enhanced WellREP/HIIT (Adv.) 12:00 Enhanced WellREP (Basic/Inter.) 12:00 Aquatics 1:00 F45	5 10:00 MwM (Adv.) 10:00 Boxing (Basic/Int) 10:00 MwM (Basic/Inter.) 11:00 Boxing (Adv.) 12:00 Chair Stretch & Flex (Basic/Inter.) 12:00 Stretch & Flex (Adv.)	6 10:00 Education Hour: Sex, Intimacy and PD Speaker: Dr. Cameron Jeter 10:00 Empowerment Group (PwP) & (CG) 11:00 Chair/Floor/PWR (Basic/Int.) 11:00 F45	7
8	9 10:00 Cardio (All Levels) 10:00 Floor (Adv.) & Boxing (Basic) 11:00 Chair/Floor PWR! (Basic/Int.) 11:00 Boxing (Adv.) 12:00 Aquatics 12:00 Enhanced WellREP/HIIT (Adv.) 12:00 Enhanced WellREP (Basic/Int.) 1:00 Sing Out Loud & F45	10	11 10:00 F45 10:15 Bal-A-Vis-X (Basic) 11:00 Bal-A-Vis-X (Adv.) 11:00 Chair/Floor PWR! (Basic/Int.) 12:00 Enhanced WellREP/HIIT (Adv.) 12:00 Enhanced WellREP (Basic/Inter.) 12:00 Aquatics 1:00 F45	12 10:00 MwM (Adv.) 10:00 Boxing (Basic/Int) 10:00 MwM (Basic/Inter.) 11:00 Boxing (Adv.) 12:00 Chair Stretch & Flex (Basic/Inter.) 12:00 Stretch & Flex (Adv.)	13 10:00 Empowerment Group (PwP) & (CG) 11:00 Chair/Floor/PWR (Basic/Int.) 11:00 F45	14
15	16 10:00 Cardio (All Levels) 10:00 Floor (Adv.) & Boxing (Basic) 11:00 Chair/Floor PWR! (Basic/Int.) 11:00 Boxing (Adv.) 12:00 Aquatics 12:00 Enhanced WellREP/HIIT (Adv.) 12:00 Enhanced WellREP (Basic/Int.) 1:00 Sing Out Loud & F45	17	18 10:00 F45 10:15 Bal-A-Vis-X (Basic) 11:00 Bal-A-Vis-X (Adv.) 11:00 Chair/Floor PWR! (Basic/Int.) 12:00 Enhanced WellREP/HIIT (Adv.) 12:00 Enhanced WellREP (Basic/Inter.) 12:00 Aquatics 1:00 F45	19 Heskett Closed No Classes	20 10:00 Empowerment Group (PwP) & (CG) 11:00 Chair/Floor/PWR (Basic/Int.) 11:00 F45	21
22	23 10:00 Cardio (All Levels) 10:00 Floor (Adv.) & Boxing (Basic) 11:00 Chair/Floor PWR! (Basic/Int.) 11:00 Boxing (Adv.) 12:00 Aquatics 12:00 Enhanced WellREP/HIIT (Adv.) 12:00 Enhanced WellREP (Basic/Int.) 1:00 Sing Out Loud & F45	24 6:00 Evening Empowerment	25 10:00 F45 10:15 Bal-A-Vis-X (Basic) 11:00 Bal-A-Vis-X (Adv.) 11:00 Chair/Floor PWR! (Basic/Int.) 12:00 Enhanced WellREP/HIIT (Adv.) 12:00 Enhanced WellREP (Basic/Inter.) 12:00 Aquatics 1:00 F45	26 10:00 MwM (Adv.) 10:00 Boxing (Basic/Int) 10:00 MwM (Basic/Inter.) 11:00 Boxing (Adv.) 12:00 Chair Stretch & Flex (Basic/Inter.) 12:00 Stretch & Flex (Adv.)	27 10:00 Empowerment Group (PwP) & (CG) 11:00 Chair/Floor/PWR (Basic/Int.) 11:00 F45 12:00 Final/Celebration Friday!	28 Sunglasses Race 
29	30 10:00 Cardio (All Levels) 10:00 Floor (Adv.) & Boxing (Basic) 11:00 Chair/Floor PWR! (Basic/Int.) 11:00 Boxing (Adv.) 12:00 Aquatics 12:00 Enhanced WellREP/HIIT (Adv.) 12:00 Enhanced WellREP (Basic/Int.) 1:00 Sing Out Loud & F45			Next Month – July 11th 10:00 Education Hour 143 Topic: Speech Therapy Clinic Swallow Safety Speaker: Ashley Purdum, SLP & Students Save the Date: • July 4 th : CLOSED		