



# Fitness June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 8:00 Body Pump Flex and Define (Carol) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Cardio Dance (Emily) 7:00 Yoga (Kappy)	<b>2</b> 9:00 Power Camp / Kettlebell (Carol) 10:45 C. Silver Sneakers (Carol) 10:30 iTone (Rissa) 5:30 Mat Pilates (Emily W) 6:30 Sculpt Pilates (Emily W)	<b>3</b> 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Cardio Dance (Carol) 7:00 Yoga (Kappy)	<b>4</b> 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol)	<b>5</b>
<b>6</b>	<b>7</b> 9:00 Barre (Danielle) 10:00 Stretching/foam roll (Danielle) 10:30 iTone (Rissa) 12:00 Chair Yoga (Kappy) 6:00 Cardio Dance (Emily)	<b>8</b> 8:00 Body Pump Flex and Define (Carol) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Cardio Dance (Emily) 7:00 Yoga (Kappy)	<b>9</b> 9:00 Power Camp / Kettlebell (Emily w) 10:45 C. Silver Sneakers (Carol) 10:30 iTone (Rissa) 5:30 Mat Pilates (Emily W) 6:30 Sculpt Pilates (Emily W)	<b>10</b> 8:00 Spin Express (Emily M) 9:00 Body Pump Flex and Define (Emily M) 10:30 Fit for Life (Emily M) 5:30 Cardio Acceleration (Rissa) 6:00 Cardio Dance (Emily)	<b>11</b> 9:00 Zone Tone (Emily W) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Emily m)	<b>12</b>
<b>13</b> 	<b>14</b> 9:00 Barre (Danielle) 10:00 Stretching/foam roll (Danielle) 10:30 iTone (Rissa) 12:00 Chair Yoga (Kappy) 6:00 Cardio Dance (Emily)	<b>15</b> 9:00 Spin 10:30 Fit For Life (Emily) 5:30 Cardio Acceleration (Rissa) 6:00 Cardio Dance (Emily) 7:00 Yoga (Kappy)	<b>16</b> 9:30 Power Camp / Kettlebell (Carol) 10:45 C. Silver Sneakers (Emily) 10:30 iTone (Rissa) 5:30 Mat Pilates (Emily W) 6:30 Sculpt Pilates (Emily W)	<b>17</b> 8:00 Spin Express 10:30 Fit for Life (Emily M) 5:30 Cardio Acceleration (Rissa) 6:00 Cardio Dance (Emily) 7:00 Yoga (Kappy)	<b>18</b> 9:00 Zone Tone (Emily W) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Emily M)	<b>19</b> Yoga in the Park 9:00am-10:30am (Kappy)
<b>20</b>	<b>21</b> 9:00 Barre (Danielle) 10:00 Stretching/foam roll (Danielle) 10:30 iTone (Rissa) 12:00 Chair Yoga (Kappy) 6:00 Cardio Dance (Emily)	<b>22</b> 8:00 Body Pump Flex and Define (Carol) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Jessica) 6:00 Cardio Dance (Emily) 7:00 Yoga (Kappy)	<b>23</b> 9:00 Power Camp / Kettlebell (Carol) 10:45 C. Silver Sneakers (Carol) 10:30 iTone (Rissa) 5:30 Mat Pilates (Emily W) 6:30 Sculpt Pilates (Emily W)	<b>24</b> 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Cardio Dance (Emily) 7:00 Yoga (Kappy)	<b>25</b> 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol)	<b>26</b> Yoga in the Park 9:00am-10:30am (Kappy)
<b>27</b> 	<b>28</b> 9:00 Barre (Danielle) 10:00 Stretching/foam roll (Danielle) 10:30 iTone (Rissa) 12:00 Chair Yoga (Kappy) 6:00 Cardio Dance (Emily)	<b>29</b> 8:00 Body Pump Flex and Define (TBA) 9:00 Spin 10:30 Fit For Life (TBA) 5:30 Cardio Acceleration (Rissa) 6:00 Cardio Dance (Emily) 7:00 Yoga (Kappy)	<b>30</b> 9:00 Power Camp / Kettlebell (TBA) 10:45 C. Silver Sneakers (TBA) 10:30 iTone (Rissa) 5:30 Mat Pilates (Emily W) 6:30 Sculpt Pilates (Emily W)			