

SUNDAY

MONDAY

TUESDAY

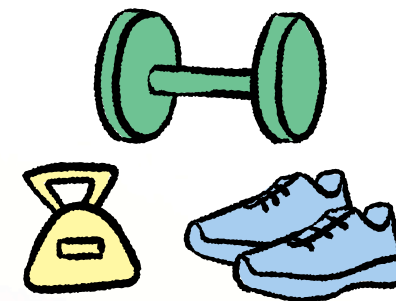
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Fitness Calendar June 2024



1

2

8:30 Memory Care
9:15 Morning Fit FR
2:30 Afternoon Fit MR

3

10:00
Tai Chi
CM

4

8:30 Memory Care
9:15 Morning Fit FR
11:00 Balance CM
1:15 Functional Fit CM
2:30 Afternoon Fit MR

5

6

8:30 Memory Care
9:15 Mind/Body Fit FR
10:30 Fun Friday CM
2:30 Cardio Drum FR

7

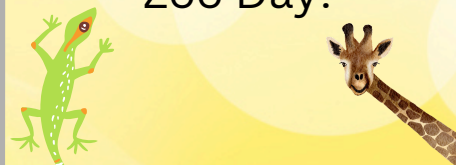
8

9

8:30 Memory Care
9:15 Morning Fit FR
1:15 Functional Fit CM
2:30 Afternoon Fit MR

10

NO CLASS
Zoo Day!



11

8:30 Memory Care
9:15 Morning Fit FR
11:00 Balance CM
1:15 Functional Fit CM
2:30 Afternoon Fit MR

12

13

8:30 Memory Care
9:15 Mind/Body Fit FR
10:30 Fun Friday CM
2:30 Cardio Drum FR

14

15

16

8:30 Memory Care
9:15 Morning Fit FR
10:00 S.O.S. Bureau
1:15 Functional Fit CM
2:30 Afternoon Fit MR

17

10:00
Tai Chi
CM

18

8:30 Memory Care
9:15 Morning Fit FR
11:00 Balance CM
1:00. Fitness Walk at
Nagawaukee Park
2:30 Afternoon Fit MR

19

20

8:30 Memory Care
9:15 Mind/Body Fit FR
10:30 Fun Friday CM
10:30 Oral Care L & L
2:30 Cardio Drum FR

21

22

23

8:30 Memory Care
9:15 Morning Fit FR
10:30 Strong Bodies FC
1:15 Functional Fit CM
2:30 Afternoon Fit MR

24

10:00
Tai Chi
CM

25

8:30 Memory Care
9:15 Morning Fit FR
11:00 Balance CM
1:15 Functional Fit CM
2:30 Afternoon Fit MR

26

27

8:30 Memory Care
9:15 Mind/Body Fit FR
10:30 Fun Friday CM
2:30 Cardio Drum FR

28

29