









JUNE 2017 – Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Want a refresher on using Gym Equipment or help with a personal routine?</p> <p>See David, personal trainer, every Tuesday 12:30-3pm.</p> <p>Must have medical forms on file, been trained by Liz and be current user of the gym.</p>		<p>Active adults get results join a class today!!</p>	<p>1</p> 	<p>2</p>
<p>5</p> <p>8:30 – 4:15 –GYM OPEN 8:30 – 12:00– PING PONG THEN 1:45-4:15 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 10:00 to 12:00–PERSONAL TRAINING, Weight Rm 11:15 – \$ SITTERSIZE 12:30-PHC LECTURE-CROHNS DISEASE 12:30 – BODY GYM CLASS-NEW START 1:45 – \$ B.E.S.T (BALANCE, STRETCH, TONING) NEW SESSION</p>	<p>6</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ PILATES 10:30 – \$ CHAIR YOGA 12:30-\$ AGELESS GRACE FITNESS 1:30 –\$ TAP DANCE 2:45 – 4:15 – BADMINTON</p>	<p>7</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – VIDEO FITNESS 10:15-VIDEO FITNESS 12:30 – \$ SCULPTING WITH WEIGHTS 2:00 – 4:15 – BADMINTON</p> 	<p>8</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 12:00- PING PONG 9:15 – \$ TAI CHI 10:30 – \$ YOGA 12:30-PHC HEALTH LECTURE-FIGHTING CANCER 1:45 – \$ GET FIT 1:45-4:15-PING PONG</p>	<p>9</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 1:15-\$ ZUMBA 2:30 – 4:15–OPEN BALLROOM DANCE</p> 
<p>12</p> <p>8:30 – 4:15 –GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 12:30 – BODY GYM CLASS 1:45 – \$ B.E.S.T (BALANCE, STRETCH, TONING)</p>	<p>13</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15-\$ PILATES 10:30 – \$ CHAIR YOGA 12:30-\$ AGELESS GRACE FITNESS 1:30 –\$ TAP DANCE 2:45 – 4:15 – BADMINTON</p> 	<p>14</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – VIDEO FITNESS 10:15-VIDEO FITNESS 12:30 – \$ SCULPTING WITH WEIGHTS 2:00 – 4:15–BADMINTON</p>	<p>15</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ TAI CHI 10:30 – \$ YOGA 1:45 – \$ GET FIT</p> 	<p>16</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 1:15 –\$ ZUMBA 2:30 – 4:15–OPEN BALLROOM DANCE</p>
<p>19</p>  <p>8:30 – 4:15 –GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 11:30 to 1:30–PERSONAL TRAINING, Weight Rm 12:30 – BODY GYM CLASS 1:45 – \$ B.E.S.T (BALANCE, STRETCH, TONING)</p>	<p>20</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 10:00 – PING PONG 9:15-\$ PILATES 10:00- PHC-BLOOD PRESSURE CHECK 10:30 – \$ CHAIR YOGA 12:30-\$ AGELESS GRACE FITNESS 1:30 –\$ TAP DANCE 2:45 – 4:15 – BADMINTON</p>	<p>21</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15-VIDEO FITNESS 10:15-VIDEO FITNESS 12:30 – \$ SCULPTING WITH WEIGHTS 2:00 – 4:15 – BADMINTON</p> 	<p>22</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ TAI CHI NEW SESSION 10:30 – \$ YOGA NEWS SESSION 1:45 – \$ GET FIT NEWS SESSION</p>	<p>23</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 1:15 –\$ ZUMBA LAST CLASS TO FALL 2:30 – 4:15–OPEN BALLROOM DANCE</p>
<p>26</p> <p>8:30 – 4:15 –GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 12:30 – BODY GYM CLASS 1:45 – \$ B.E.S.T (BALANCE, STRETCH, TONING)</p>	<p>27</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 10:00 – PING PONG 9:15- \$ PILATES NEW SESSION IF STUDENTS 10:30 – \$ CHAIR YOGA 12:30-\$ AGELESS GRACE FITNESS 1:30 –\$ TAP DANCE 2:45 – 4:15 – BADMINTON</p>	<p>28</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – VIDEO FITNESS 10:15-VIDEO FITNESS 12:30 – \$ SCULPTING WITH WEIGHTS- NEW SESSION 2:00 – 4:15–BADMINTON</p>	<p>29</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 12:00 – PING PONG 9:15 – \$ TAI CHI 10:30 – \$ YOGA 1:45 – \$ GET FIT 2:00 – 4:15 – PING PONG</p>	<p>30</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 2:30 – 4:15–OPEN BALLROOM DANCE</p>

