

# June Wellness 2022

\*Programs are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		10:00 ZUMBA 1:30 BADMINTON	11:30 CHAIR YOGA	10:30 BODY SCULPTING 2:30 NOW & ZEN
6	7	8	9	10
10:00 DRUMDANCE (Free) 11:00 BODY SCULPTING	10:00 BOLLYX 12:30 SWEATIN TO THE OLDIES	<b>NO PING PONG BETWEEN 10A – 12P</b>  <b>10:00 – 12:00</b> <b>PENN MED- Memory Screening</b> <b>To register call 1.888.897.8979</b>  10:00 ZUMBA 1:30 BADMINTON	11:30 CHAIR YOGA	10:30 BODY SCULPTING 2:30 <b>NO</b> NOW & ZEN
13	14	15	16	17
11:00 BODY SCULPTING	10:00 BOLLYX 12:30 SWEATIN TO THE OLDIES	10:00 ZUMBA 1:30 BADMINTON	11:30 CHAIR YOGA	10:30 BODY SCULPTING 2:30 NOW & ZEN
20	21	22	23	24
10:00 DRUMDANCE (Free) 11:00 BODY SCULPTING	<b>10-12 PENN-Blood Pressure Screening</b> 10:00 BOLLYX 12:30 SWEATIN TO THE OLDIES  <b>*Ping Pong may be impacted by BP Screening</b>	10:00 ZUMBA 1:30 BADMINTON	11:30 CHAIR YOGA	10:30 BODY SCULPTING 2:30 NOW & ZEN
27	28	29	30	
11:00 BODY SCULPTING	10 :00 BOLLYX 12:30 SWEATIN TO THE OLDIES	10:00 ZUMBA 1:30 BADMINTON	<b>10:00 LINEDANCING (Free)</b> 11:30 CHAIR YOGA	<b>ALL PENN MED PROGRAMS ARE INDEPENDENTLY SCHEDULED. TO REGISTER FOR THESE PROGRAMS PLEASE CALL</b>  <b>888.897.8979</b>