

JUNE LAND CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Firm Body Mat 9am - 9:45am Zumba Chair 10am - 10:45am Mind Over Muscle BC 11am - 11:30am	2 Yoga 9:30am -10:30am SilverSneakers Classic 11:45am - 12:30pm	3 Power Play BC 8am - 8:45am SS Enerchi 9am - 9:45am Chair Yoga 10:30am-11:15am DrumStix 11:30am - 12pm	4 Yoga 9:30am -10:30am SilverSneakers Classic 11:45am - 12:30pm	5 Zumba Gold 8:45am - 9:30am SilverSneakers Classic 10:30am - 11:15am
8 Firm Body Mat 9am - 9:45am Zumba Chair 10am - 10:45am Mind Over Muscle BC 11am - 11:30am	9 Yoga 9:30am -10:30am SilverSneakers Classic 11:45am - 12:30pm	10 Power Play BC 8am - 8:45am SS Enerchi 9am - 9:45am Chair Yoga 10:30am-11:15am DrumStix 11:30am - 12pm Yoga 1:00pm – 2:00pm	11 Yoga 9:30am -10:30am SilverSneakers Classic 11:45am - 12:30pm	12 Zumba Gold 8:45am - 9:30am SilverSneakers Classic 10:30am - 11:15am
15 Firm Body Mat 9am - 9:45am Zumba Chair 10am - 10:45am Mind Over Muscle BC 11am - 11:30am	16 Yoga 9:30am -10:30am SilverSneakers Classic 11:45am - 12:30pm	17 Power Play BC 8am - 8:45am SS Enerchi 9am - 9:45am Chair Yoga 10:30am-11:15am DrumStix 11:30am - 12pm Yoga 1:00pm – 2:00pm	18 Yoga 9:30am -10:30am SilverSneakers Classic 11:45am - 12:30pm	19 Zumba Gold 8:45am - 9:30am SilverSneakers Classic 10:30am - 11:15am
22 Firm Body Mat 9am - 9:45am Zumba Chair 10am - 10:45am Mind Over Muscle BC 11am - 11:30am	23 Yoga 9:30am -10:30am SilverSneakers Classic 11:45am - 12:30pm	24 Power Play BC 8am - 8:45am SS Enerchi 9am - 9:45am Chair Yoga 10:30am-11:15am DrumStix 11:30am - 12pm Yoga 1:00pm – 2:00pm	25 Yoga 9:30am -10:30am SilverSneakers Classic 11:45am - 12:30pm	26 Zumba Gold 8:45am - 9:30am SilverSneakers Classic 10:30am - 11:15am
29 Firm Body Mat 9am - 9:45am Zumba Chair 10am - 10:45am Mind Over Muscle BC 11am - 11:30am	30 Yoga 9:30am -10:30am SilverSneakers Classic 11:45am - 12:30pm	 WEST VIEW WELLNESS CENTER		