

JUNE 2021 FITNESS & ACTIVITIES



MONDAYS

Billiards 7:30-6pm

Cards & Puzzles 7:30-6pm

Computer Lab 7:30-6pm

Walking-Gym 7:30-9:00am

Senior Fit
8:00 - 8:45 a.m. **Irene**

Stretch and Flex
9:00 - 9:45 a.m. **Irene**

Pickleball
9:00 - 3:00 p.m.

Tai Chi
10:00-11:00 a.m. **Russ**

Body Sculpting
10:30 - 11:15 a.m. **Gerry**

Body Sculpting
4:30 - 5:15 p.m. **Irene**

Yoga
5:15 - 6:00 p.m. **Irene**

Stability Ball Training
5:30 - 6:00 p.m. **Elena**



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TUESDAYS

Billiards 7:30-6pm

Cards & Puzzles 7:30-6pm

Computer Lab 7:30-6pm

Walking-Gym 7:30-9:00am

Senior Fit
8:00 - 8:45 a.m. **Irene**

S/S Boom Mind
(Yoga/Pilates/Balance)
8:30 - 9:15 a.m. **June**

Pickleball
9:00 - 3:00 p.m.

Cardio Fit/ Step
9:00 - 9:45 a.m. **Irene**

S/S Circuit Interval
9:30 - 10:15 a.m. **June**

Silver & Fit Excel
Strength/Cardio Class
10:30 - 11:15 a.m. **Gerry**

Line Dancing
10:30- Noon **Perrin/
Karen**

Stretch & Balance
12:30-1:15 p.m. **Gerry**

Stability Ball Training
5:30 - 6:00 p.m. **Elena**

***BEGINNER
PICKLEBALL**

**1ST TUESDAY OF
EACH MONTH AT
9:00AM**

WEDNESDAYS

Billiards 7:30-6pm

Cards & Puzzles 7:30-6pm

Computer Lab 7:30-6pm

Walking-Gym 7:30-9:00am

Senior Fit
8:00 - 8:45 a.m. **Irene**

Stretch and Flex
9:00 - 9:45 a.m. **Irene**

Pickleball
9:00 - 3:00 p.m.

Tai Chi
10:00-11:00 a.m. **Russ**

Body Sculpting
10:30 - 11:15 a.m. **Gerry**

Body Sculpting
4:30 - 5:15 p.m. **Irene**

Yoga
5:15 - 6:00p.m. **Irene**

Stability Ball Training
5:30 - 6:00 p.m. **Elena**

THURSDAYS

Billiards 7:30-6pm

Cards & Puzzles 7:30-6pm

Computer Lab 7:30-6pm

Walking-Gym 7:30-9:00am

Senior Fit
8:00 - 8:45 a.m. **Irene**

Pickleball
9:00 - 3:00 p.m.

Cardio Fit/Step
9:00 - 9:45 a.m. **Irene**

Silver & Fit Excel
Strength/Cardio Class
10:30 - 11:15 a.m. **Gerry**

Stretch & Balance
12:30-1:15 p.m. **Gerry**

Bingo 1:00 - 3:00 p.m.

Stability Ball Training
5:30 - 6:00 p.m. **Elena**

FRIDAYS

Billiards 7:30-Noon

Cards & Puzzles 7:30-Noon

Computer Lab 7:30-Noon

Walking-Gym 7:30-9:00am

Senior Fit
8:00 - 8:45 a.m. **Irene**

Yoga
9:00-10:00 a.m. **Irene**

Pickleball
9:00 - Noon

Tai Chi
10:00 - 11:00 a.m. **Russ**

Acrylic Art Class
9:00 - Noon p.m. **Marsh**

Line Dancing
10:30- Noon **Perrin/Karen**

**CLOSED
SATURDAYS**

