

JUNE 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2 Fitness Center closed	3 *7:45am TRX 8:30 Aquacise 9am SS Circuit 10am Line Dance 5:30pm Power Hour	4 8:30am Aquacise 9am SS Yoga *7:00pm Summer Splash	5 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	6 8:30 SS Aquacise 9:00am SS Yoga 5:30pm Power Hour *7:00pm Summer Splash	7 *7:45am TRX 8:30 Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	8
9	10 *7:45am TRX 8:30 Aquacise 9am SS Circuit 10am Line Dance 5:30pm Power Hour	11 8:30am Aquacise 9am SS Yoga *7:00pm Summer Splash	12 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	13 8:30 SS Aquacise 9:00am SS Yoga 5:30pm Power Hour *7:00pm Summer Splash	14 *7:45am TRX 8:30 Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	15 VTST Home Swim meet Pool open @ 2pm
16 <u>Fitness Room Hours:</u> M-F 5:30am-8:30pm Sat. 7:00am-8:00pm Sun. 1:00pm-5:00pm	17 *7:45am TRX 8:30 Aquacise 9am SS Circuit 10am Line Dance 5:30pm Power Hour	18 8:30am Aquacise 9am SS Yoga *7:00pm Summer Splash	19 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	20 8:30 SS Aquacise 9:00am SS Yoga 5:30pm Power Hour *7:00pm Summer Splash	21 *7:45am TRX 8:30 Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	22 VTST Home Swim meet Pool open @ 2pm
23	24 *7:45am TRX 8:30 Aquacise 9am SS Circuit 10am Line Dance 5:30pm Power Hour	25 8:30am Aquacise 9am SS Yoga *7:00pm Summer Splash	26 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	27 8:30 SS Aquacise 9:00am SS Yoga 5:30pm Power Hour *7:00pm Summer Splash	28 *7:45am TRX 8:30 Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	29 VTST Home Swim meet Pool open @ 2pm
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