

June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour	3 *7:45am TRX-Beginners 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi 7:00pm Summer Splash*	4 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	5 *7:45am Trial TRX 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 7:00pm Summer Splash*	6 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	7
8	9 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour	10 *7:45am TRX-Beginners 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 7:00pm Summer Splash*	11 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	12 *7:45am Trial TRX 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 7:00pm Summer Splash*	13 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	14
15 <u>Fitness Room Hours:</u> Mon.-Fri. 5:30am-8:30pm Sat. 7:00am-8:00pm Sun. 1:00pm-5:00pm	16 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour	17 *7:45am TRX-Beginners 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi 7:00pm Summer Splash*	18 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	19 *7:45am Trial TRX 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 7:00pm Summer Splash*	20 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	21
22	23 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour	24 *7:45am TRX-Beginners 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi 7:00pm Summer Splash*	25 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	26 *7:45am Trial TRX 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 7:00pm Summer Splash*	27 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	28
29	30 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour					