



GROUP EXERCISE SCHEDULE JUNE 2026

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	6:10 Cycle—Beth 9:00am Total Body Burn-Jeff 10am-Arthritis-Debbie 11am Practical Pilates-Annette 11am Water Aerobics-Dot 12:15pm Zumba Chair-Lisa 5:15pm Total Body Burn-Jeff	9am-Yoga-Illise 10:15am Earn it, Burn it -Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie	6:10am Cycle-Beth 10am Zumba Toning-Lisa 11:15am Tabata-Jeff 11am Water Aerobics-Dot 5:15pm –Pound-Sandra	9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Valerie 1pm Silver Sneakers-Debbie 5:15pm Cycle Marcia	6:10 Cycle—Beth 10:15 Chair Yoga– Annette 11am Water Aerobics-Lulu 12pm Zumba-Amanda	10am Zumba– Cynthia
7	8	9	10	11	12	13
	6:10 Cycle—Beth 9:00am NO CLASS 10am-Arthritis-Debbie 11am Practical Pilates-Annette 11am Water Aerobics-Dot 12:15pm Zumba Chair-Lisa 5:15pm NO CLASS	9am-Yoga-Annette 10:15am NO CLASS 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie	6:10am Cycle-Beth 10am Zumba Toning-Lisa 11:15am NO CLASS 11am Water Aerobics-Dot 5:15pm –Pound-Sandra	9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Valerie 1pm Silver Sneakers-Debbie 5:15pm Cycle Marcia	6:10 Cycle—Beth 10:15 NO CLASS 11am Water Aerobics-Lulu 12pm Zumba –LuLu	10am Zumba- Cynthia
14	15	16	17	18	19	20
	6:10 Cycle—Beth 9:00am NO CLASS 10am-Arthritis-Debbie 11am Practical Pilates-Annette 11am Water Aerobics-Dot 12:15pm Zumba Chair-Lisa 5:15pm NO CLASS	9am-Yoga-Illise 10:15am NO CLASS 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie	6:10am Cycle-Beth 10am Zumba Toning-Lisa 11:15am NO CLASS 11am Water Aerobics-Dot 5:15pm –Pound-Sandra	9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Valerie 1pm Silver Sneakers –Debbie 5:15pm Cycle-Marcia	6:10 Cycle—Beth 10:15 Chair Yoga– Annette 11am Water Aerobics-Lulu 12pm Zumba-Amanda	10am Zumba-Cynthia
21	22	23	24	25	26	27
	6:10 Cycle—Beth 9:00am Total Body Burn-Jeff 10am-Arthritis-Debbie 11am-Practical Pilates-Annette 11am Water Aerobics-Dot 12:15pm Zumba Chair-Lisa 5:15pm Total Body Burn-Jeff	9am-Yoga-Illise 10:15am Earn it, Burn it -Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie	6:10am Cycle-Beth 10am Zumba Toning-Lisa 11:15am Tabata-Jeff 11am Water Aerobics-Dot 5:15pm –Pound-Sandra	9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Valerie 1pm Silver Sneakers –Debbie 5:15pm Cycle-Marcia	6:10 Cycle-Beth 10:15 Chair Yoga– Annette 11am Water Aerobics-Lulu 12pm Zumba-Amanda	10am Zumba-Cynthia
28	29	30				
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