

JUNE 2023

Exercise Calendar



Sunday

Monday

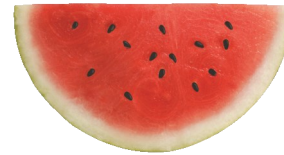
Tuesday

Wednesday

Thursday

Friday

Saturday



4

5

9:15 Sit Down, Tone Up (East)
9:15 Posture (West)

6

9:15 Chair Yoga (East)
9:15 Sit Down, Tone Up (West)

7

9:15 Walking Club (West)
9:30 Walking Club (East)

8

9:15 Posture (East)

9

9:15 Sit Down, Tone Up (East)
9:15 Sit Down, Tone Up (West)

10

11

12

9:15 Sit Down, Tone Up (East)
9:15 Posture (West)

13

9:15 Chair Yoga (East)
9:15 Sit Down, Tone Up (West)

14

PRIDE Day

9:15 Walking Club (West)
9:30 Walking Club (East)

15

9:15 Posture (East)

16

9:15 Sit Down, Tone Up (East)
9:15 Sit Down, Tone Up (West)

17

18

Father's Day

19

Juneteenth

9:15 Sit Down, Tone Up (East)
9:15 Posture (West)

20

9:15 Chair Yoga (East)
9:15 Sit Down, Tone Up (West)

**21 Indigenous Peoples Day
First day of Summer**

9:15 Walking Club (West)
9:30 Walking Club (East)

22

9:15 Posture (East)

23

9:15 Sit Down, Tone Up (East)
9:15 Sit Down, Tone Up (West)

24

25

26

9:15 Sit Down, Tone Up (East)
9:15 Posture (West)

27

9:15 Chair Yoga (East)
9:15 Sit Down, Tone Up (West)

28

9:15 Walking Club (West)
9:30 Walking Club (East)

29

9:15 Posture (East)

30

9:15 Sit Down, Tone Up (East)
9:15 Sit Down, Tone Up (West)