

JUNE

Program for Active Living

Legend
 C—Chapel
 TH—Town Hall
 MF— Main Floor
 TS—Town Square
 SC—Social Club



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:15 - Appleby Fun & Fit 11:15 - Bronte Fun & Fit 1:30 - Sweat Squad	3 10:00 - Standing Balance 1:45 - Group Fitness (Cardio)	4 9:15 - Nelson Fun & Fit 11:00 - Appleby TBF 11:15 - Oaklands Fun & Fit 1:00 - Brant TBF 3:00 - Bronte TBF	5 11:15 - Brant Fun & Fit 11:30 - Basketball Toss 1:45 - Seated Yoga	6	7 10:00 - Tai Chi 11:00 - Bronte TBF 2:00 - Appleby TBF
8 10:15 - Oaklands TBF 11:00 - Nelson TBF 1:45 - Basketball Toss	9 9:15 - Appleby Fun & Fit 11:15 - Bronte Fun & Fit 1:30 - Sweat Squad	10 10:00 - Standing Balance 1:45 - Group Fitness (Cardio)	11 Pride Day 9:15 - Nelson Fun & Fit 11:00 - Appleby TBF 11:15 - Oaklands Fun & Fit 1:00 - Brant TBF 3:00 - Bronte TBF	12 11:15 - Brant Fun & Fit 11:30 - Basketball Toss 1:45 - Seated Yoga	13	14
15 Father's Day	16 9:15 - Appleby Fun & Fit 11:15 - Bronte Fun & Fit 1:30 - Sweat Squad	17 10:00 - Standing Balance 1:45 - Group Fitness (Cardio)	18 9:15 - Nelson Fun & Fit 11:00 - Appleby TBF 11:15 - Oaklands Fun & Fit 1:00 - Brant TBF 3:00 - Bronte TBF	19 11:15 - Brant Fun & Fit 11:30 - Basketball Toss 1:45 - Seated Yoga	20	21 10:00 - Tai Chi 11:00 - Bronte TBF 2:00 - Appleby TBF
22 10:15 - Oaklands TBF 11:00 - Nelson TBF 1:45 - Basketball Toss	23 9:15 - Appleby Fun & Fit 11:15 - Bronte Fun & Fit 1:30 - Sweat Squad	24 10:00 - Standing Balance 1:45 - Group Fitness (Cardio)	25 9:15 - Nelson Fun & Fit 11:00 - Appleby TBF 11:15 - Oaklands Fun & Fit 1:00 - Brant TBF 3:00 - Bronte TBF	26 11:15 - Brant Fun & Fit 11:30 - Basketball Toss 1:45 - Seated Yoga	27	28
29	30 9:15 - Appleby Fun & Fit 11:15 - Bronte Fun & Fit 1:30 - Sweat Squad					