

# June Classes

# 2022

MONDAY  
THURSDAY

TUESDAY  
FRIDAY

WEDNESDAY

SATURDAY

					4 9:30 AM ZUMBA (Nick)				
8 AM INDOOR CYCLE (Rose) 9:45 AM SILVER SNEAKERS CLASSIC (Vickie)	6	4:30 PM HIIT (Loteia) 5:00 PM INDOOR CYCLE (Rose)	7	8 AM INDOOR CYCLE (Rose) 9:45 AM SILVER SNEAKERS CLASSIC (Vickie) 4:30 PM CIRCUITS WITH MOSES	8	9:00 AM WALKING AT LAKESHORE PARK (Sara) 4:30 PM HIIT (Loteia)	9	NO CLASSES	11 9:30 AM ZUMBA (Nick)
8 AM INDOOR CYCLE (Rose) 9 AM WALKING WITH SARA 9:45 AM SILVER SNEAKERS CLASSIC (Vickie)	13	10 AM CARDIO DRUMMING (Sara) 4:00 PM WALKING WITH SARA 5:00 PM INDOOR CYCLE (Rose)	14	8 AM INDOOR CYCLE (Rose) 9 AM WALKING WITH SARA 9:45 AM SILVER SNEAKERS CLASSIC (Vickie) 4:30 PM CIRCUITS WITH MOSES 4:30 PM HIIT (Loteia)	15	9:00 AM WALKING AT LAKESHORE PARK (Sara)	16	NO CLASSES	18 8:30 AM HIIT (Loteia) 9:30 AM ZUMBA (Nick)
8 AM INDOOR CYCLE (Rose) 9 AM WALKING WITH SARA 9:45 AM SILVER SNEAKERS CLASSIC (Vickie) 4:30 PM HIIT (Loteia)	20	10 AM CARDIO DRUMMING (Sara) 4:00 PM WALKING WITH SARA 5:00 PM INDOOR CYCLE (Rose)	21	8 AM INDOOR CYCLE (Rose) 9 AM WALKING WITH SARA 9:45 AM SILVER SNEAKERS CLASSIC (Vickie) 4:30 PM CIRCUITS WITH MOSES	22	9:00 AM WALKING AT LAKESHORE PARK (Sara) 4:30 PM HIIT (Loteia)	23	NO CLASSES	25 9:30 AM ZUMBA (Nick)
8 AM INDOOR CYCLE (Rose) 9 AM WALKING WITH SARA 9:45 AM SILVER SNEAKERS CLASSIC 10:30 AM SILVER SNEAKERS CLASSIC	27	10 AM CARDIO DRUMMING (Sara) 4:00 PM WALKING WITH SARA 4:30 PM HIIT (Loteia) 5:00 PM INDOOR CYCLE (Rose)	28	8 AM INDOOR CYCLE (Rose) 9 AM WALKING WITH SARA 9:45 AM SILVER SNEAKERS CLASSIC 10:30 AM SILVER SNEAKERS CLASSIC 4:30 PM CIRCUITS WITH MOSES	29	9:00 AM WALKING AT LAKESHORE PARK (Sara) 4:30 PM HIIT (Loteia)	30		