



Theme: Cognitive Fitness

June Schedule



CLASS KEY

- Beginner
- Intermediate
- Advanced
- Social Class

 Spirit Fridays: Wear Purple

Monday

9:00 am
Cardio Fusion

9:45 am
Functional Strength

10:30 am
Yoga 45

11:30 am
Lower Body Express

12:00 pm
Gentle Mobility

1:00 pm
Walk This Way

2:00 pm
Social Club

4:00 pm
Arms & Abs

5:00 pm
Stretch & Recovery

Tuesday

9:30 am
Cardio Blast Express

10:00 am
Full Body 45

11:00 am
Core Stability

12:00 pm
Fall Free® Balance

1:00 pm
Upper Body Strength

2:00 pm
Tai Chi

4:00 pm
Strength & Cardio 45

5:00 pm
Pilates

Wednesday

9:00 am
Full Body Strength

9:45 am
Cardio Fusion

10:30 am
Chair Pilates 45

11:30 am
Core Express

12:00 pm
Mobility & Stability

1:00 pm
Move & Groove

*Cardio Drumming -
(2nd Wed)

2:00 pm
Ageless Grace

 **4:00 pm** 
Club Connections

5:00 pm
Full Body 45

6:00 pm
Yoga

Thursday

9:30 am
Cardio Blast Express

10:00 am
Full Body 45

11:00 am
Advanced Core

12:00 pm
Fall Free® Balance

10:00 am
Lower Body Strength

11:00 am
Tai Chi

1:00 pm
Strength & Cardio 45

2:00 pm
Pilates

Friday

6:00 am
Cardio Fusion

6:45 am
Advanced Strength

7:30 am
Chair Yoga 45

8:30 am
Upper Body Express

9:00 am
Mobility Masters

10:00 am
Walk This Way

11:00 am
Brain Games

1:00 pm
Legs & Abs

2:00 pm
Stretch & Recovery

Club Connections

Wednesdays @ 4 PM ET

JUN
03

Connect Event: Tap N' Happy

Have fun tap dancing while stimulating the brain, work on reaction and recall skills, plus strengthen the lower body. This class will put a spring in your step and a smile on your face!



JUN
10

Cooking Club: Fruit Salad with Yogurt Dressing

Keep cool and fuel the brain with this simple, colorful and vibrant fruit salad paired with a creamy yogurt dressing. It's a great way to load up on vitamins, minerals, and antioxidants known to help improve brain function!



JUN
17

Art Club: Inside Head Magazine Collage

Join Coach Merilin in creating a unique magazine collage! Reflect on your thoughts and memories while using art as a form of self-expression.



JUN
24

Book Club: The God of the Woods by Liz Moore

This novel is about a wealthy family in the Adirondacks whose secrets unravel after the disappearance of 13-year-old Barbara Van Laar from a summer camp in 1975, echoing the unsolved disappearance of her older brother years earlier.



Social Club



Mondays @ 2 PM ET

- 4/6 Member Orientation
- 4/13 Benefits of Mindful Practices
- 4/21 Grounding Benefits
- 4/28 Journaling for Mindfulness



Brain Games



Fridays @ 2 PM ET

- 4/3 BINGO
- 4/10 Memory in Motion
- 4/17 Mindfulness Jeopardy
- 4/24 "The Great Outdoors" Trivia