

Theme: Cognitive Fitness

# June Schedule



Spirit Fridays: Wear Purple

## CLASS KEY

- Beginner
- ◐ Intermediate
- Advanced
- ♥ Social Class

### Monday

- ◐ **9:00 am**  
Cardio Fusion
- **9:45 am**  
Functional Strength
- **10:30 am**  
Yoga 45
- ◐ **11:30 am**  
Lower Body Express
- **12:00 am**  
Gentle Mobility
- ◐ **1:00 pm**  
Walk This Way
- ♥ **11:00 am**  
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**  
Tai Chi
- **1:00 pm**  
Upper Body Strength
- **2:00 pm**  
Fall Free® Balance
- ◐ **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 - (2<sup>nd</sup> 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**  
Tai Chi
- ◐ **1:00 pm**  
Lower Body Strength
- ◐ **2:00 pm**  
Fall Free® Balance
- ◐ **4:00 pm**  
Strength & Cardio 45
- ◐ **5:00 pm**  
Pilates

### Friday

- ◐ **9:00 am**  
Cardio Fusion
- **9:45 am**  
Advanced Strength
- ◐ **10:30 am**  
Chair Yoga 45
- ◐ **11:30 am**  
Upper Body Express
- **12:00 pm**  
Mobility Masters
- **1:00 pm**  
Walk This Way
- ♥ **2:00 pm**  
Brain Games
- ◐ **4:00 pm**  
Legs & Abs
- **5:00 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**

- 6/1 Member Orientation**
- 6/8 Alzheimer's Awareness**
- 6/15 Brain Puzzles Benefits**
- 6/22 Brain Health Tips**
- 6/29 Memory Show & Tell**



## **Brain Games**



**Fridays @ 2 PM ET**

- 6/5 BINGO**
- 6/12 Memory in Motion**
- 6/19 Brain Health Trivia Kahoot**
- 6/26 Memory in Motion**