

Theme: Cognitive Fitness

June Schedule



Spirit Fridays: Wear Purple

CLASS KEY

- Beginner
- ◐ Intermediate
- Advanced
- ♥ Social Class

Monday

- ◐ **6:00 am**
Cardio Fusion
- **6:45 am**
Functional Strength
- **7:30 am**
Yoga 45
- ◐ **8:30 am**
Lower Body Express
- **9:00 am**
Gentle Mobility
- ◐ **10:00 am**
Walk This Way
- ♥ **11:00 am**
Social Club
- ◐ **1:00 pm**
Arms & Abs
- **2:00 pm**
Stretch & Recovery

Tuesday

- **6:30 am**
Cardio Blast Express
- ◐ **7:00 am**
Full Body 45
- **8:00 am**
Core Stability
- **9:00 am**
Tai Chi
- **10:00 am**
Upper Body Strength
- **11:00 am**
Fall Free® Balance
- ◐ **1:00 pm**
Strength & Cardio 45
- ◐ **2:00 pm**
Pilates

Wednesday

- ◐ **6:00 am**
Full Body Strength
- **6:45 am**
Cardio Fusion
- **7:30 am**
Chair Pilates 45
- ◐ **8:30 am**
Core Express
- ◐ **9:00 am**
Mobility & Stability
- **10:00 am**
Move & Groove
- ◐ ***Cardio Drumming - (2nd Wed)**
- **11:00 am**
Ageless Grace
- ♥ **1:00 pm**
Club Connections
- ◐ **2:00 pm**
Full Body 45
- ◐ **3:00 pm**
Yoga

Thursday

- **6:30 am**
Cardio Blast Express
- ◐ **7:00 am**
Full Body 45
- **8:00 am**
Advanced Core
- **9:00 am**
Tai Chi
- ◐ **10:00 am**
Lower Body Strength
- ◐ **11:00 am**
Fall Free® Balance
- ◐ **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 @ 1 PM PT

**JUN
03**

Connect Event: Tap N' Happy

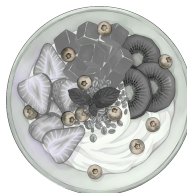
Have fun tap dancing while stimulating the brain, work on reaction and recall skills, plus strengthen the lower body. This class will put a spring in your step and a smile on your face!



**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 @ 11 AM PT

- 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 @ 11 AM PT

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