



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

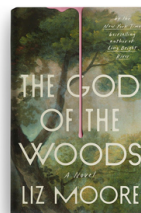
Join Coach Merilin in creating a unique magazine collage! Reflect on your thoughts and memories while using art as a form of self-expression.



**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