



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
							1
Open Swim 8am-4pm Monday-Friday							
2	3	4	5	6	7	8	
	8:30am Morning Stretch with Therapy Staff <b>WCY</b>	8:30am Morning Stretch with Therapy Staff <b>WCY</b> 10:00am Aqua with Gina <b>WCP</b> 10:00am MC Stretch/Strength 10:30am <b>AL</b> Stretch	8:30am Morning Stretch with Therapy Staff <b>WCY</b>	8:30am Morning Stretch with Therapy Staff <b>WCY</b> 10:00am Aqua with Gina <b>WCP</b> 10:00am MC Stretch/Strength 10:30am <b>AL</b> Stretch	8:30am Morning Stretch <b>WCY</b> 11:00am Step into Balance <b>WCE</b> 1:00pm Outdoor Group Walking <b>WCO</b> or <b>WCE</b> 3:00pm Afternoon Tai Chi <b>WCO</b>		
9	10	11	12	13	14	15	
	8:30am Morning Stretch <b>WCY</b> 9:45am Supervised Swim <b>WCP</b> 11:00am Step into Balance <b>WCE</b> 1:00pm Outdoor Group Walking <b>WCO</b> or <b>WCE</b> 3:00pm Pedal America <b>CR</b> (California)	8:30am Morning Stretch <b>WCY</b> 10:00am Aqua with Gina <b>WCP</b> 10:00am MC Stretch/Strength 10:30am <b>AL</b> Stretch 2:00pm Mobility Chair Exercise Class <b>WCY</b>	8:30am Morning Stretch <b>WCY</b> 10:00am Chair Yoga <b>WCO</b> 1:00pm Supervised Swim <b>WPC</b> 3:00pm Pedal America <b>CR</b> (South Carolina)	8:30am Morning Stretch <b>WCY</b> 10:00am Aqua with Gina <b>WCP</b> 10:00am MC Stretch/Strength 10:30am <b>AL</b> Stretch 2:00pm Strength Chair Exercise Class <b>WCY</b>	8:30am Morning Stretch <b>WCY</b> 11:00am Step into Balance <b>WCE</b> 1:00pm Outdoor Group Walking <b>WCO</b> or <b>WCE</b> 3:00pm Afternoon Tai Chi <b>WCO</b>		
16	17	18	19	20	21	22	
	8:30am Morning Stretch <b>WCY</b> 9:45am Supervised Swim <b>WCP</b> 11:00am Step into Balance <b>WCE</b> 1:00pm Outdoor Group Walking <b>WCO</b> or <b>WCE</b> 3:00pm Pedal America <b>CR</b> (Massachusetts)	8:30am Morning Stretch <b>WCY</b> 10:00am Aqua with Gina <b>WCP</b> 10:00am MC Stretch/Strength 10:30am <b>AL</b> Stretch 2:00pm Mobility Chair Exercise Class <b>WCY</b>	8:30am Morning Stretch <b>WCY</b> 10:00am Zumba <b>WCE</b> 1:00pm Supervised Swim <b>WPC</b> 3:00pm Pedal America <b>CR</b> (Georgia)	8:30am Morning Stretch <b>WCY</b> 10:00am Aqua with Gina <b>WCP</b> 10:00am MC Stretch/Strength 10:30am <b>AL</b> Stretch 2:00pm Strength Chair Exercise Class <b>WCY</b>	8:30am Morning Stretch <b>WCY</b> 11:00am Step into Balance <b>WCE</b> 1:00pm Outdoor Group Walking <b>WCO</b> or <b>WCE</b> 3:00pm Afternoon Tai Chi <b>WCO</b>	<b>WCO</b> Outdoor Area Weather Permits, Classes May Be Moved Inside.	
23	24	25	26	27	28		
	8:30am Morning Stretch <b>WCY</b> 9:45am Supervised Swim <b>WCP</b> 11:00am Step into Balance <b>WCE</b> 1:00pm Outdoor Group Walking <b>WCO</b> or <b>WCE</b> 3:00pm Pedal America <b>CR</b> (Washington)	8:30am Morning Stretch <b>WCY</b> 10:00am Aqua with Gina <b>WCP</b> 10:00am MC Stretch/Strength 10:30am <b>AL</b> Stretch 2:00pm Mobility Chair Exercise Class <b>WCY</b>	8:30am Morning Stretch <b>WCY</b> 10:00am Chair Yoga <b>WCO</b> 1:00pm Supervised Swim <b>WPC</b> 3:00pm Pedal America <b>CR</b> (Virginia)	8:30am Morning Stretch <b>WCY</b> 10:00am Aqua with Gina <b>WCP</b> 10:00am MC Stretch/Strength 10:30am <b>AL</b> Stretch 2:00pm Strength Chair Exercise Class <b>WCY</b>	8:30am Morning Stretch <b>WCY</b> 11:00am Step into Balance <b>WCE</b> 1:00pm Outdoor Group Walking <b>WCO</b> or <b>WCE</b> 3:00pm Afternoon Tai Chi <b>WCO</b>		
30	<h1>June Fitness Calendar</h1>						
		<b>Key for Session Locations</b> <b>WCY</b> Yoga Room <b>WCE</b> Exercise Room (Big Room) <b>WCP</b> Fitness Room <b>WCO</b> Outdoor Area <b>WCP</b> Pool <b>CR</b> Community Room <b>AL</b> Assisted Living <b>MC</b> Arbors					