

June

Wellness Center Classes-Exercise Room or Chapel

2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

1/2

3

9:00-10:00am
Aerobics Exercise
10:00-11:00am
Senior Yoga

4

NO CLASSES

5

9:00-10:00am
Aerobics Exercise
10:00-11:00am
Senior Yoga
10:00am-11:00am
Women's Bible Study
3:00pm - 3:30pm
Fit 4 Life

6

10:00am-11:00am
Men's Bible Study

NO SILVER & FIT CLASSES

7

9:00-10:00am
Aerobics Exercise

8/9

10

9:00-10:00am
Aerobics Exercise
10:00-11:00am
Senior Yoga

11

11:00am-12:00pm
Silver & Fit Experience
2:00-3:00pm
Silver & Fit Explore

12

9:00-10:00am
Aerobics Exercise
10:00-11:00am
Senior Yoga
10:00am-11:00am
Women's Bible Study
3:00pm - 3:30pm
Fit 4 Life

13

10:00am-11:00am
Men's Bible Study
11:00am-12:00pm
Silver & Fit Experience
2:00-3:00pm
Silver & Fit Explore

14

9:00-10:00am
Aerobics Exercise

15/16

18th



17

9:00-10:00am
Aerobics Exercise
10:00-11:00am
Senior Yoga

18

11:00am-12:00pm
Silver & Fit Experience
2:00-3:00pm
Silver & Fit Explore

19

9:00-10:00am
Aerobics Exercise
**10:00-11:00am
Senior Yoga- NO CLASS**
10:00am-11:00am
Women's Bible Study
3:00pm - 3:30pm
Fit 4 Life

20

10:00am-11:00am
Men's Bible Study
11:00am-12:00pm
Silver & Fit Experience
2:00-3:00pm
Silver & Fit Explore

21

9:00-10:00am
Aerobics Exercise

22/23

24

9:00-10:00am
Aerobics Exercise
10:00-11:00am
Senior Yoga

25

11:00am-12:00pm
Silver & Fit Experience
2:00-3:00pm
Silver & Fit Explore

26

9:00-10:00am
Aerobics Exercise
10:00-11:00am
Senior Yoga
10:00am-11:00am
Women's Bible Study
3:00pm - 3:30pm
Fit 4 Life

27

10:00am-11:00am
Men's Bible Study
11:00am-12:00pm
Silver & Fit Experience
2:00-3:00pm
Silver & Fit Explore

28

9:00-10:00am
Aerobics Exercise

29

30