



# June 2026 Group X Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		8-9AM Chair Yoga (offsite)  8:30-9:30AM Aqua Fitness	6:30PM Walk to Run		9-9:50AM Zumba  10:00-10:50AM Ageless Grace	
7	8	9	10	11	12	13
10:30-11:30AM Chair Yoga (offsite)	7-7:45PM Ayurvedic Yoga	8-9AM Chair Yoga (offsite)  8:30-9:30AM Aqua Fitness  5-5:50PM Zumba	5-5:50PM Zumba  6:30PM Walk to Run  7-8PM Yoga for Self-Care		9-9:50AM Zumba	10AM-2PM Martial Arts
14	15	16	17	18	19	20
10:30-11:30AM Chair Yoga (offsite)	7-7:45PM Ayurvedic Yoga	8-9AM Chair Yoga (offsite)  8:30-9:30AM Aqua Fitness  5-5:50PM Zumba	5-5:50PM Zumba  6:30PM Walk to Run  7-8PM Yoga for Self-Care	6-7PM Tai Chi for Arthritis (offsite)	9-9:50AM Zumba	10AM-2PM Martial Arts
21	22	23	24	25	26	27
10:30-11:30AM Chair Yoga (offsite)	7-7:45PM Ayurvedic Yoga	8-9AM Chair Yoga (offsite)  8:30-9:30AM Aqua Fitness  5-5:50PM Zumba	5-5:50PM Zumba  6:30PM Walk to Run  7-8PM Yoga for Self-Care	6-7PM Tai Chi for Arthritis (offsite)	9-9:50AM Zumba	10AM-2PM Martial Arts
28	29	30				
10:30-11:30AM Chair Yoga (offsite)	7-7:45PM Ayurvedic Yoga	8-9AM Chair Yoga (offsite)  8:30-9:30AM Aqua Fitness  5-5:50PM Zumba				

