

June 2019 – Fitness Events

(Also available on website)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2 Pop-Up: 3:45pm Deep Stretch with Jane	3 *New Instructor! 9am Move and Groove with Yael *New Class! 10am Fusion-Lates with Yael *New Time: 11am Cardio Strength with Drew	4 *New Time 11am Tabata with Jody *New Instructor 5:25pm Spin with Jody NEW CLASS 6:15pm Zumba with Tamara	5 6:30pm Fitness Orientation	6 *Time Changes: 11am – 11:15am Quick Tone & Stretch with Grace 11:25am Spin with Grace *New Instructor 5:25pm Spin with Tony	7	8 11:30am Fitness Orientation
9	10 <u>Facility Updates</u> *See posted signage for entering/exiting	11 <u>Facility Updates</u> *See posted signage for entering/exiting	12 *Building Water Shut-off Pool Closed 6:30pm Fitness Orientation	13 (6-8:30pm) The Loving Screening	14	15 11:30am Fitness Orientation
16	17 Pop-Up: 9am – 9:55am Aqua Yoga with Leslie (pool) *New Class: 11am – 11:45am Cardio Strength/Kickboxing with Yael *New Class: 1:30pm – 2:25pm Hydro Maniac with Cynthia (Pool)	18 IS: Run MC Run Club (6:30pm – 7:30pm) (\$)	19 9am Move & Groove – Tony subs	20 IS: Run MC Run Club (6:30pm – 7:30pm) (\$)	21 Pop-Up: 12pm Deep Stretch with Jane	22
23	24 Pop-Up: 9am – 9:55am Aqua Yoga with Leslie (pool)	25 IS: Run MC Run Club (6:30pm – 7:30pm) (\$) Pop-Up: 12pm – 12:55pm Hydro Fit Shallow with Missy	26 9am Move & Groove – Tony subs	27 IS: Run MC Run Club (6:30pm – 7:30pm) (\$) Pop-Up: 1pm – 1:55pm Hydro Fit Shallow with Missy	28	29 Updated 5/31/19

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**See all the
June Class Updates
on the reverse side of this
page!**

FITNESS Orientations:

NO need to sign up.
Meet in the **Weight Gym**.
Youth ages 13-17 years needing orientation may
come to this, too.

Wednesday, 6/5 @ 6:30pm
Saturday, 6/8 @ 11:30am
Wednesday 6/12 @ 6:30pm
Saturday, 6/15 @ 11:30am

JUNE UPDATES

Regular updates are sent out weekly. Visit the front desk to be added to the list!

**12pm lunch classes adjust to earlier times June – Aug so parents may use childcare*

**See the Aquatics Monthly Calendar to view busy pool times!*

New Classes/Instructors:

- Monday 9am Move & Groove (Yael) - *New Instructor
10am Fusion-Lates (Yael) - *New Class
11am Cardio Strength (Drew) through 6/10 - *Time Change/Child Care available!
THEN 11am Cardio Strength/Kickboxing (Yael) - *New Class & Instructor – *Starts 6/17
1:30pm Hydro-Maniac (Pool) – *New Class (Cynthia) - *Starts 6/17
- Tuesday 11am Tabata (Jody) – *New Time/Child Care available
5:25pm Spin (Jody) - *New Instructor
6:15pm Zumba (Tamara) - *New Class
- Wednesday: 9am Move & Groove (Tony subs 6/19 & 6/26)
- Thursday 11am Quick Sculpt & Tone (Grace) - *Time Change/Child Care available!
11:25am Spin (Grace) - *Time Change/Child Care available!
5:25pm Spin (Tony) - *New Instructor

Removed:

- Monday 8am Spin
9am Aqua Tai Chi & 10am Aqua Power– Last Class 6/10
- Tuesday 12:10pm Pilates
6:15pm Pure Strength
- Wednesday 11am Tabata
5:30pm Aqua Boxing – Last Class 6/12
- Friday 11am Spin & 12pm Aqua Tabata
- Saturday 8:40am Aqua Boxing & Tabata – Last Class 6/15
11:30am Aqua Tabata
- Industrial Strength Programs: *See website for details!
 - 6-Week Run/Walk 5K Training Program
 - Run MC Run Clinic
 - And more!