

# EverFit Calendar

# J u n e

| Monday                                                                                                     | Tuesday                                                                                                                                                                           | Wednesday                                                                                                                    | Thursday                                                                                                                                              | Friday                                                                                                 |
|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| 2                                                                                                          | 3                                                                                                                                                                                 | 4                                                                                                                            | 5                                                                                                                                                     | 6                                                                                                      |
|                                                                                                            | 7:00 Everfit Open gym<br>8:00 Gym Equipment training<br>9:30 Staying Strong-Lodge<br>10:00 Walking Club<br>11:00 Tai-Chi W/Mitch<br>1:00 BoomMove DanceW/Jenn<br>2:00 Wii Bowling | 7:00 Everfit Open gym<br>8:00 Gym Equipment training<br>10:30 Zumba w/Laurie<br>11:00 Sit and Lift<br>1:00 Bean Bag Baseball | 7:00 Everfit Open gym<br>8:00 Gym Equipment training<br>9:30 Staying Strong-Lodge<br>10:30 Yoga W/Laurie<br>11:00 Mini Putt Golf<br>1:30 Sit and Lift | 7:00 Everfit Open gym<br>8:00 Gym Equipment training<br>10:00 Bean Bag Baseball<br>2:00 Walking Club   |
| 9                                                                                                          | 10                                                                                                                                                                                | 11                                                                                                                           | 12                                                                                                                                                    | 13                                                                                                     |
| 7:00 Everfit Open gym<br>8:00 Gym Equipment Training<br>11:00 Sit and Lift W/Alan<br>1:00 Beanbag Baseball | 7:00 Everfit Open gym<br>8:00 Gym Equipment training<br>9:30 Staying Strong-Lodge<br>10:00 Walking Club<br>11:00 Tai-Chi W/Mitch<br>1:00 BoomMove DanceW/Jenn<br>2:00 Wii Bowling | 7:00 Everfit Open gym<br>8:00 Gym Equipment training<br>10:30 Zumba w/Laurie<br>11:00 Sit and Lift<br>1:00 Bean Bag Baseball | 7:00 Everfit Open gym<br>8:00 Gym Equipment training<br>9:30 Staying Strong-Lodge<br>10:30 Yoga W/Laurie<br>11:00 Mini Putt Golf<br>1:30 Sit and Lift | 7:00 Everfit Open gym<br>8:00 Gym Equipment training<br>10:00 Bean Bag Baseball<br>2:00 Walking Club   |
| 16                                                                                                         | 17                                                                                                                                                                                | 18                                                                                                                           | 19                                                                                                                                                    | 20                                                                                                     |
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| 23                                                                                                         | 24                                                                                                                                                                                | 25                                                                                                                           | 26                                                                                                                                                    | 27                                                                                                     |
| 7:00 Everfit Open gym<br>8:00 Gym Equipment Training<br>11:00 Sit and Lift W/Alan<br>1:00 Beanbag Baseball | 7:00 Everfit Open gym<br>8:00 Gym Equipment training<br>9:30 Staying Strong-Lodge<br>10:00 Walking Club<br>11:00 Tai-Chi W/Mitch<br>1:00 BoomMove DanceW/Jenn<br>2:00 Wii Bowling | 7:00 Everfit Open gym<br>8:00 Gym Equipment training<br>10:30 Zumba w/Laurie<br>11:00 Sit and Lift<br>1:00 Bean Bag Baseball | 7:00 Everfit Open gym<br>8:00 Gym Equipment training<br>9:30 Staying Strong-Lodge<br>10:30 Yoga W/Laurie<br>11:00 Mini Putt Golf<br>1:30 Sit and Lift | 7:00 Everfit Open gym<br>8:00 Gym Equipment training<br>10:00 Game Vs Morningstar<br>2:00 Walking Club |
| 30                                                                                                         |                                                                                                                                                                                   |                                                                                                                              |                                                                                                                                                       |                                                                                                        |
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