

June Everfit & Exercise

Every Day at 10:30am



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	5	6	7
	Seated Exercise	Zumba with Claudia	Walking Group	Zumba with Claudia	Seated Yoga & Stretching	Seated Thai Chi
8	9	10	11	12	13	14
Slow Tempo Exercise	Movement & Cardio with Marshal	Zumba with Claudia	PT with Christy	Zumba with Claudia	Yoga & Meditation	Thai Chi & Stretching
15	16	17	18	19	20	21
Meditation & Deep Breathing	Movement & Cardio with Marshal	Zumba with Claudia	Walking Group	Zumba with Claudia	Seated Stretches	Thai Chi & Yoga
22	23	24	25	26	27	28
Slow Tempo Movement	Movement & Cardio with Marshal	Zumba with Claudia	Pt with Christy	Zumba with Claudia	Seated Yoga & Meditation	Thai Chi & Deep Breathing
29	30					
Seated Stretches	Movement & Cardio with Marshal					