

June

*The Willows of Cascades of
Bremerton*

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Body Joint Exercise FC 10:45 Tai Chi FC 11:00 Yoga Stretch FC 1:00 Beanbag baseball TH	2 9:30 Body Joint Exercise FC 11:00 Everfit Class FC	3 9:30 Body Joint Exercise FC 10:45 Tai Chi FC 11:00 Yoga Stretch FC	4 9:30 Body Joint Exercise FC 11:00 Everfit Class FC	5 9:30 Body Joint Exercise FC 1:00 Wii Golf TH 2:00 Wii Bowling TH	6 9:30 Body Joint Exercise FC 11:00 Walking Club 1:00 Wii Bowling TH
7	8	9	10	11	12	13
Open Gym 8:00am-10:00 pm	9:30 Body Joint Exercise FC 10:45 Tai Chi FC 11:00 Yoga Stretch FC 1:00 Beanbag baseball TH	9:30 Body Joint Exercise FC 11:00 Everfit Class FC	9:30 Body Joint Exercise FC 10:45 Tai Chi FC 11:00 Yoga Stretch FC	9:30 Body Joint Exercise FC 11:00 Everfit Class FC	9:30 Body Joint Exercise FC 1:00 Wii Golf TH 2:00 Wii Bowling TH	9:30 Body Joint Exercise FC 1:00 Wii Bowling TH
14	15	16	17	18	19	20
Open Gym 8:00am-10:00 pm	9:30 Body Joint Exercise FC 10:45 Tai Chi FC 11:00 Yoga Stretch FC 1:00 Beanbag baseball TH	9:30 Body Joint Exercise FC 11:00 Everfit Class FC	9:30 Body Joint Exercise FC 10:45 Tai Chi FC 11:00 Yoga Stretch FC	9:30 Body Joint Exercise FC 11:00 Everfit Class FC	9:30 Body Joint Exercise FC 1:00 Wii Golf TH 2:00 Wii Bowling TH	9:30 Body Joint Exercise FC 11:00 Walking Group 1:00 Wii Bowling TH
21	22	23	24	25	26	27
Open Gym 8:00am-10:00 pm	9:30 Body Joint Exercise FC 10:45 Tai Chi FC 11:00 Yoga Stretch FC 1:00 Beanbag baseball TH 2:00 Balance Class FC	9:30 Body Joint Exercise FC 11:00 Everfit Class FC	9:30 Body Joint Exercise FC 10:45 Tai Chi FC 11:00 Yoga Stretch FC	9:30 Body Joint Exercise FC 11:00 Everfit Class FC	9:30 Body Joint Exercise FC 1:00 Wii Golf TH 2:00 Wii Bowling TH	9:30 Body Joint Exercise FC 1:00 Wii Bowling TH
28	26	30				
Open Gym 8:00am-10:00 pm	9:30 Body Joint Exercise FC 10:45 Tai Chi FC 11:00 Yoga Stretch FC 1:00 Beanbag baseball TH	9:30 Body Joint Exercise FC 11:00 Everfit Class FC				



Cascade Living Group

The Difference Between Living and Living Well