

June

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	8:30 NU Step 9:00 Fitness with Jeff - AL 9:30 Fitness with Jeff - IL	8:30 NU Step 9:00 Fitness with Jeff - AL 9:30 Fitness with Jeff - IL	8:30 NU Step 9:00 Chair Yoga with Irene 10:00 Easy Walking	8:30 NU Step 9:00 Fitness with Jeff - AL 9:30 Fitness with Jeff - IL	8:30 NU Step 9:00 Chair Chi with Bernie 10:00 Easy Walking	8:30 NU Step 9:00 Everfit with Renay 10:00 Easy Walking
7	8	9	10	11	12	13
8:30 NU Step 9:00 Chair Yoga with Irene 11:00 Easy Walking	8:30 NU Step 9:00 Fitness with Jeff - AL 9:30 Fitness with Jeff - IL	8:30 NU Step 9:00 Fitness with Jeff - AL 9:30 Fitness with Jeff - IL	8:30 NU Step 9:00 Chair Yoga with Irene 10:00 Easy Walking	8:30 NU Step 9:00 Fitness with Jeff - AL 9:30 Fitness with Jeff - IL	8:30 NU Step 9:00 Chair Chi with Bernie 10:00 Easy Walking	8:30 NU Step 9:00 Everfit with Renay 10:00 Easy Walking
14	15	16	17	18	19	20
8:30 NU Step 9:00 Chair Yoga with Irene 11:00 Easy Walking	8:30 NU Step 9:00 Fitness with Jeff - AL 9:30 Fitness with Jeff - IL	8:30 NU Step 9:00 Fitness with Jeff - AL 9:30 Fitness with Jeff - IL	8:30 NU Step 9:00 Chair Yoga with Irene 10:00 Easy Walking	8:30 NU Step 9:00 Fitness with Jeff - AL 9:30 Fitness with Jeff - IL	8:30 NU Step 9:00 Chair Chi with Bernie 10:00 Easy Walking	8:30 NU Step 9:00 Everfit with Renay 10:00 Easy Walking
21	22	23	24	25	26	27
8:30 NU Step 9:00 Chair Yoga with Irene 11:00 Easy Walking	8:30 NU Step 9:00 Fitness with Jeff - AL 9:30 Fitness with Jeff - IL	8:30 NU Step 9:00 Fitness with Jeff - AL 9:30 Fitness with Jeff - IL	8:30 NU Step 9:00 Chair Yoga with Irene 10:00 Easy Walking	8:30 NU Step 9:00 Fitness with Jeff - AL 9:30 Fitness with Jeff - IL	8:30 NU Step 9:00 Chair Chi with Bernie 10:00 Easy Walking	8:30 NU Step 9:00 Everfit with Renay 10:00 Easy Walking
28	29	30				
8:30 NU Step 9:00 Chair Yoga with Irene 11:00 Easy Walking	8:30 NU Step 9:00 Chair Chi with Bernie 10:00 Easy Walking	8:30 NU Step 9:00 Chair Chi with Bernie 10:00 Easy Walking				



ALL ASSISTED
FITNESS AND COGNITIVE SERVICES

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