

June

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	7:00 Ever fit Open gym 8:00 Gym Equip. Training 9:30 Exercise W/Lodge 11:00 Sit and Lift W/Alan 1:00 Beanbag Baseball	7:00 Ever fit Open Gym 8:00 Gym Equip. Training 10:00 Cardio/Balance -Alan 11:00 Tai-Chi W/Mitch 1:00 Aquacise W/Laurie	7:00 Eve fit Open gym 8:00 Gym Equip. Training 11:00 Sit and Lift 1:00 Beanbag Baseball 2:15 Walking Club	7:00 Ever fit Open gym 8:00 Gym Equip. Training 9:30 Staying Strong-Lodge 11:00 Water Volleyball 1:30 Sit and Lift	7:00 Ever fit Open gym 8:00 Gym Equip. Training 10:00 Beanbag Baseball 10:15 Yoga/Balance Laurie 2:15 Walking Club	
7	8	9	10	11	12	13
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14	15	16	17	18	19	20
10:15 Cardio/Balance with Laurie	7:00 Ever fit Open gym 8:00 Gym Equip. Training 9:30 Exercise W/Lodge 11:00 Sit and Lift W/Alan 1:00 Beanbag Baseball	7:00 Ever fit Open Gym 8:00 Gym Equip. Training 10:00 Cardio/Balance -Alan 11:00 Tai-Chi W/Mitch 1:00 Aquacise W/Laurie	7:00 Eve fit Open gym 8:00 Gym Equip. Training 11:00 Sit and Lift 1:00 Beanbag Baseball 2:15 Walking Club	7:00 Ever fit Open gym 8:00 Gym Equip. Training 9:30 Staying Strong-Lodge 11:00 Water Volleyball 1:30 Sit and Lift	7:00 Ever fit Open gym 8:00 Gym Equip. Training 10:00 Beanbag Baseball 10:15 Yoga/Balance Laurie 2:15 Walking Club	
21	22	23	24	25	26	27
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