

# June – 2025 – FITNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Yoga w/Demet 8:30am	9am Mat Pilates w/Demet 10am Aqua Fitness w/Karen	10am Aqua Fitness	10am Aqua Fitness	9am Light Weights w/Demet 10am Aqua Fitness	10am Aqua Fitness	10am Aqua Zumba w/Karen
8	9	10	11	12	13	14
Yoga w/Demet 8:30am	9am Mat Pilates w/Demet 10am Aqua Fitness w/Karen	10am Aqua Fitness	10am Aqua Fitness	9am Light Weights w/Demet 10am Aqua Fitness	10am Aqua Fitness 6:30pm Sound Bath & Yoga	10am Aqua Zumba w/Karen
15	16	17	18	19	20	21
Yoga w/Demet 8:30am	9am Mat Pilates w/Demet 10am Aqua Fitness w/Karen	10am Aqua Fitness	10am Aqua Fitness	9am Light Weights w/Demet 10am Aqua Fitness	10am Aqua Fitness	10am Aqua Zumba w/Karen
22	23	24	25	26	27	28
Yoga w/Demet 8:30am	9am Mat Pilates w/Demet 10am Aqua Fitness w/Karen	10am Aqua Fitness	10am Aqua Fitness	9am Light Weights w/Demet 10am Aqua Fitness	10am Aqua Fitness	10am Aqua Zumba w/Karen
29	30					
Yoga w/Demet 8:30am	9am Mat Pilates w/Demet 10am Aqua Fitness w/Karen		All dates, times & locations of activities & events listed are subject to change without notice		<b>BLUE: FITNESS CLASSES</b> <b>GREEN: GROUPS &amp; CLUBS</b> <b>RED: SPECIAL EVENTS</b> <b>PURPLE: FOOD TRUCKS</b>	