

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1			7:45-8:45 Fitness 4 Life 9:00-10:00 Pumped Up Virtual) 9:15-10:20 PiYo 10:00-11:30 Line Dancing 10:35-11:35 Silver Sneakers Yoga 12:30-1:00 Chair Yoga 1:00-2:00 BINGO 5:30 Power Combo 	7:45-8:45 Zumba 9:15-10:20 Cardio Kickboxing 
7:45-8:45 Fitness 4 Life 9:15-10:20 Power Cut Plus 10:00 Just 4 Fun Band 10:35-11:35 Silver Sneakers 11:30-3:00 Bridge 1:00-3:00 Pickleball 5:30-6:30 Zumba Toning	7:45-8:45 Zumba 9:00-10:00 Pumped Up (Virtual) 9:15-10:20 Balance & Core 10:35-11:35 Zumba Gold 12:30-1:00 Chair Yoga 1:00-3:00 Pinochle 1:00-3:00 Pickleball 1:00-2:30 Line Dancing 4:00-5:00 Kid Cuisine 5:30 Power Combo 	7:45-8:45 Fitness 4 Life 9:00 COAR 9:15-10:20 Power Cut Plus 10:35-11:35 Silver Sneakers 12:00 Lunch Sponsored by Caring for Others 5:30-6:30 Dance Fitness	7:45-8:45 Fitness 4 Life 9:00-10:00 Pumped Up Virtual) 9:15-10:20 PiYo 10:00-11:30 Line Dancing 10:35-11:35 Silver Sneakers Yoga 12:30-1:00 Chair Yoga 1:00-2:00 BINGO 	7:45-8:45 Zumba 9:00-3:00 Feet Retreat 9:15-10:20 Cardio Kickboxing 
7:45-8:45 Fitness 4 Life 9:15-10:20 Power Cut Plus 10:00 Just 4 Fun Band 10:35-11:35 Silver Sneakers 11:30-3:00 Bridge 1:00 Heart Warmers 1:00-3:00 Pickleball 5:30-6:30 Zumba Toning	7:45-8:45 Zumba 9:00-10:00 Pumped Up (Virtual) 9:15-10:20 Balance & Core 10:35-11:35 Zumba Gold 12:30-1:00 Chair Yoga 1:00-3:00 Pinochle 1:00-3:00 Pickleball 1:00-2:30 Line Dancing 4:00-5:00 Kid Cuisine 5:30 Power Combo 	7:45-8:45 Fitness 4 Life 9:00 COAR 9:15-10:20 Power Cut Plus 10:35-11:35 Silver Sneakers 12:00 Veteran's Lunch - Sponsored by Hospice of Redmond  	7:45-8:45 Fitness 4 Life 9:00-10:00 Pumped Up Virtual) 9:15-10:20 PiYo 10:00-11:30 Line Dancing 10:35-11:35 Silver Sneakers Yoga 12:30-1:00 Chair Yoga 1:00-2:00 BINGO 5:30 Power Combo 	7:45-8:45 Zumba 9:15-10:20 Cardio Kickboxing 12:00 Birthday Celebration- Cake Sponsored by Brookdale
7:45-8:45 Fitness 4 Life 9:15-10:20 Power Cut Plus 10:35-11:35 Silver Sneakers 11:30-3:00 Bridge 1:00-3:00 Pickleball 5:30-6:30 Zumba Toning 	7:45-8:45 Zumba 9:00-10:00 Pumped Up (Virtual) 9:15-10:20 Balance & Core 10:35-11:35 Zumba Gold 12:30-1:00 Chair Yoga 1:00-3:00 Pinochle 1:00-3:00 Pickleball 1:00-2:30 Line Dancing 4:00-5:00 Kid Cuisine 5:30 Power Combo 	7:45-8:45 Fitness 4 Life 9:00 COAR 9:00-3:00 Feet Retreat 9:15-10:20 Power Cut Plus 10:35-11:35 Silver Sneakers 5:30-6:30 Dance Fitness	7:45-8:45 Fitness 4 Life 9:00-10:00 Pumped Up Virtual) 9:15-10:20 PiYo 10:00-11:30 Line Dancing 10:35-11:35 Silver Sneakers Yoga 12:30-1:00 Chair Yoga 1:00-2:00 BINGO 5:30 Power Combo 	7:45-8:45 Zumba 9:15-10:20 Cardio Kickboxing 12:00 Lindy Gravelle Music 
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