

# June 2025 – Cutting Edge Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>2</div> Total Body 9am  Senior Fit 3pm Cycle 5:30pm	<div>3</div> Active Fit 9:30am  Yoga 6pm	<div>4</div> Body Rebuild 9am  Core & More 5:30 Cardio Danze 6pm	<div>5</div> Senior Fit 10am  Line Dancing 5:30pm	<div>6</div> Yoga 10:30am	<div>7</div> *Warrior Bootcamp Refit 9:30am Circle Mobility 10:30am
<div>9</div> Total Body 9am  Senior Fit 3pm Cycle 5:30pm	<div>10</div> Active Fit 9:30am  Tone-Tastic 5:30pm Yoga 6pm	<div>11</div> Body Rebuild 9am  Core & More 5:30 Cardio Danze 6pm	<div>12</div> Senior Fit 10am  Total Body 5:30pm	<div>13</div> Yoga 10:30am	<div>14</div> Refit 9:30am Circle Mobility 10:30am
<div>16</div> Total Body 9am  Senior Fit 3pm Cycle Lift it, Drop it 5:30pm	<div>17</div> Yoga 6pm	<div>18</div> Body Rebuild 9am  Core & More 5:30 Cardio Danze 6pm	<div>19</div> Senior Fit 10am  Line Dancing 5:30pm	<div>20</div> Yoga 10:30am	<div>21</div> Multnomah Falls Hike 9am
<div>23</div> Total Body 9am  Senior Fit 3pm Cycle 5:30pm	<div>24</div> Active Fit 9:30am  Tone-Tastic 5:30pm Yoga 6pm	<div>25</div> Body Rebuild 9am  Core & More 5:30 Cardio Danze 6pm	<div>26</div> Senior Fit 10am  Cardio Kickboxing 5:30pm	<div>27</div> Yoga 10:30am	<div>28</div> Refit 9:30am Circle Mobility 10:30am
<div>30</div> Total Body 9am  Senior Fit 3pm Cycle 5:30pm			Multnomah Falls Hike -4.9-mile hike -Meet at Multnomah Falls Lodge at 9am. -Feel free to bring a friend!	Summer Office Hours Monday – Thursday 10:30am to 5:30pm Friday 10:30am to 2:30pm  *Fee Class	Daycare Hours Monday – Thursday Morning 9:00am to 10:30am Evening 5:30pm to 7:00pm