







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	¹ 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	² 9am Curls & Crunches - Angela 10am Boogie Lite - Angela 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie	³ 9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	⁴ 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	⁵ 9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	⁶ 9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
	⁷ 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	⁸ 9am Curls & Crunches - Angela 10am Boogie Lite - Angela 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie 2:45pm Balance - Stephanie	⁹ 9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	¹⁰ 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	¹¹ 9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	¹² 9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
 <p>Flag Day (U.S.)</p>	¹⁴ 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	¹⁵ 9am Curls & Crunches - Angela 10am Boogie Lite - Angela 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie	¹⁶ 9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	¹⁷ 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	¹⁸ 9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	¹⁹  Juneteenth
 <p>Summer Begins Father's Day</p>	²¹ 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	²² 9am Curls & Crunches - Angela 10am Boogie Lite - Angela 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie 2:45pm Balance - Stephanie	²³ 9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	²⁴ 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	²⁵ 9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	²⁶ 9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
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