

# JUNE

# 2024

## Group Exercise Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
		4:45–5:45 PM Pilates Bodies w/ Mary	4:30 – 5:30 PM Fitness Fusion 5:30 – 6:00 PM Cardio Dance Party w/Trish	4:30 – 5:45 PM Multiple Muscle Cardio & Toning w/ Mary	4:30 – 5:30 PM Cardio Strength w/ Colleen	
9	10	11	12	13	14	15
		4:45–5:45 PM Pilates Bodies w/ Mary	4:30 – 5:30 PM Fitness Fusion 5:30 – 6:00 PM Cardio Dance Party w/Trish	4:30 – 5:45 PM Multiple Muscle Cardio & Toning w/ Mary	4:30 – 5:30 PM Cardio Strength w/ Colleen	
16	17	18	19	20	21	22
		4:45–5:45 PM Pilates Bodies w/ Mary	4:30 – 5:30 PM Fitness Fusion 5:30 – 6:00 PM Cardio Dance Party w/Trish	4:30 – 5:45 PM Multiple Muscle Cardio & Toning w/ Mary	4:30 – 5:30 PM Cardio Strength w/ Colleen	
23	24	25	26	27	28	29
		4:45–5:45 PM Pilates Bodies w/ Mary	4:30 – 5:30 PM Fitness Fusion 5:30 – 6:00 PM Cardio Dance Party w/Trish	4:30 – 5:45 PM Multiple Muscle Cardio & Toning w/ Mary	4:30 – 5:30 PM Cardio Strength w/ Colleen	