



June 2021 Fitness Classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		8:30 am – Muscular End. 9:30 am – Cycling 10 am – S&S Parkinson’s 10:30 am – Body Strong 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance 4 pm – Tai Chi 5 pm – Healthy Joints 5:15 pm – Limits Cycling 5:45 pm – Aqua Zumba	7 am – Rise & Shine 8 am – The Deep 8:30 am – Stretch & Balance 9 am – Interval Training 9:30 am – Parkinson Recovery 10 am – Core Strength 10:30 am – Functionally Fit 11 am – Chair Yoga	8 am – Sunrise Yoga 8:30 am – Muscular End. 9:30 am – Cycling 10:30 am – Barre Fusion 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance 5 pm – Healthy Joints 5:45 pm – Aqua Zumba 6 pm – Box Fit 101	7 am – Rise & Shine 9:30 am – Cycling 10 am – Tai Chi 11 am – Tai Chi 12:30 pm - Pickleball Skills & Drills	
6	7	8	9	10	11	12
	7 am – Rise & Shine 8:30 am – Beg. Pickleball Lessons 8:30 am – Strength/Length/Bal 10:30 am – Functionally Fit 11:00 am – Dance/Parkinson’s 11:30 am – Tang Soo Do 1 pm - Zumba	8:30 am – Muscular End. 9:30 am – Cycling 10 am – S&S Parkinson’s 10:30 am – Body Strong 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance 4 pm – Tai Chi 5 pm – Healthy Joints 5:15 pm – Limits Cycling 5:45 pm – Aqua Zumba	7 am – Rise & Shine 8 am – The Deep 8:30 am – Stretch & Balance 9 am – Interval Training 9:30 am – Parkinson Recovery 10 am – Core Strength 10:30 am – Functionally Fit 11 am – Chair Yoga	8 am – Sunrise Yoga 8:30 am – Muscular End. 9:30 am – Cycling 10:30 am – Barre Fusion 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance 5 pm – Healthy Joints 5:45 pm – Aqua Zumba 6 pm – Box Fit 101	7 am – Rise & Shine 9:30 am – Cycling 10 am – Tai Chi 11 am – Tai Chi 12:30 pm - Pickleball Skills & Drills	

See the June 2021 Newsletter for class descriptions and costs.

13	14	15	16	17	18	19
	7 am – Rise & Shine 8:30 am – Beg. Pickleball Lessons 8:30 am – Strength/Length/Bal 10:30 am – Functionally Fit 11:00 am – Dance/Parkinsons 11:30 am – Tang Soo Do 1 pm - Zumba	8:30 am – Muscular End. 9:30 am – Cycling 10 am – S&S Parkinsons 10:30 am – Body Strong 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance 3:30 pm – Weight Room Orientation 4 pm – Tai Chi 5 pm – Healthy Joints 5:15 pm – Limits Cycling 5:45 pm – Aqua Zumba	7 am – Rise & Shine 8 am – The Deep 8:30 am – Stretch & Balance 9 am – Interval Training 9:30 am – Parkinson Recovery 10 am – Core Strength 10:30 am – Functionally Fit 11 am – Chair Yoga	8 am – Sunrise Yoga 8:30 am – Muscular End. 9:30 am – Cycling 10:30 am – Barre Fusion 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance 5 pm – Healthy Joints 5:45 pm – Aqua Zumba 6 pm – Box Fit 101	7 am – Rise & Shine 9:30 am – Cycling 10 am – Tai Chi 11 am – Tai Chi 12:30 pm - Pickleball Skills & Drills	
20	21	22	23	24	25	26
	7 am – Rise & Shine 8:30 am – Beg. Pickleball Lessons 8:30 am – Strength/Length/Bal 10:30 am – Functionally Fit 11:00 am – Dance/Parkinsons 11:30 am – Tang Soo Do 1 pm - Zumba	8:30 am – Muscular End. 9:30 am – Cycling 10 am – S&S Parkinsons 10:30 am – Body Strong 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance 4 pm – Tai Chi 5 pm – Healthy Joints 5:15 pm – Limits Cycling 5:45 pm – Aqua Zumba	7 am – Rise & Shine 8 am – The Deep 8:30 am – Stretch & Balance 9 am – Interval Training 9:30 am – Parkinson Recovery 10 am – Core Strength 10:30 am – Functionally Fit 11 am – Chair Yoga	8 am – Sunrise Yoga 8:30 am – Muscular End. 9:30 am – Cycling 10:30 am – Barre Fusion 11 am – Weight Room Orientation 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance 5 pm – Healthy Joints 5:45 pm – Aqua Zumba 6 pm – Box Fit 101	7 am – Rise & Shine 9:30 am – Cycling 10 am – Tai Chi 11 am – Tai Chi 12:30 pm - Pickleball Skills & Drills	
27	28	29	30	July 1	July 2	
	7 am – Rise & Shine 8:30 am – Beg. Pickleball Lessons 8:30 am – Strength/Length/Bal 10:30 am – Functionally Fit 11:00 am – Dance/Parkinsons 11:30 am – Tang Soo Do 1 pm - Zumba	8:30 am – Muscular End. 9:30 am – Cycling 10 am – S&S Parkinsons 10:30 am – Body Strong 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance 4 pm – Tai Chi 5:15 pm – Limits Cycling	7 am – Rise & Shine 8:30 am – Stretch & Balance 9 am – Interval Training 9:30 am – Parkinson Recovery 10 am – Core Strength 10:30 am – Functionally Fit	<div style="border: 1px solid black; background-color: #92d050; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Registration is <u>required</u> through <i>MyActiveCenter</i> (preferred) or by calling 248.608.0251 Mon. – Thurs. 9 am – 3 pm Fri. 9 am – noon Don't wait to register - Limited capacity</p> </div>		7 am – Rise & Shine