



# JUNE 2024

SUN	MON	TUE	WED	THU	FRI	SAT
<p style="text-align: center;"><b>Group Fitness Classes</b>  <b>Health Education Classes</b>  <b>Announcements</b>  <b>L.I.F.E. Community Events</b></p>						<p style="text-align: center;"><b>1</b>  <b>41ST</b>  <b>SACRED</b>  <b>MOUNTAIN</b>  <b>PRAYER</b>  <b>RUN</b></p>
<b>2</b>	<p><b>3</b></p> <p>4pm Super Circuit 530pm Spin</p>	<p><b>4</b></p> <p>6pm Kung Fu</p>	<p><b>5</b></p> <p>530pm SSSH</p>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<p><b>10</b></p> <p>530pm Spin</p>	<p><b>11</b></p> <p>Just Move It Hike at Fort Tuthill</p>	<p><b>12</b></p> <p>4pm Step 530pm SSSH</p>	<p><b>13</b></p> <p>4pm TRX Yoga</p>	<p><b>14</b></p> <p>12pm Intro to Yoga</p>	<b>15</b>
<b>16</b>	<p><b>17</b></p> <p>4pm Super Circuit 530pm Spin</p>	<p><b>18</b></p> <p>4pm TRX 6pm Kung Fu</p>	<p><b>19</b></p> <p>12pm Spin 4pm Step</p>	<p><b>20</b></p> <p>4pm TRX Yoga</p>	<b>21</b>	<b>22</b>
<b>23</b>	<p><b>24</b></p> <p>4pm Super Circuit 530pm Spin</p>	<p><b>25</b></p> <p>4pm TRX 6pm Kung Fu</p>	<p><b>26</b></p> <p>12pm Spin 4pm Step</p>	<p><b>27</b></p> <p>4pm TRX Yoga</p>	<p><b>28</b></p> <p>12pm Intro to Yoga</p>	<b>29</b>
<b>30</b>						