

# June - Social Hall 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		<b>1</b> HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	<b>2</b> SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm Adult Martial Arts 7pm-8pm	<b>3</b> HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	<b>4</b> SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm	<b>5</b> Adult Martial Arts 10am -11am Youth Martial Arts 11am -12pm	
<b>6</b> Open	<b>7</b> SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm Youth Martial Arts 7pm-8pm	<b>8</b> HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	<b>9</b> SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm Adult Martial Arts 7pm-8pm	<b>10</b> HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	<b>11</b> SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm	<b>12</b> Adult Martial Arts 10am -11am Youth Martial Arts 11am -12pm	
<b>13</b> Open	<b>14</b> SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm Youth Martial Arts 7pm-8pm	<b>15</b> HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	<b>16</b> SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm Adult Martial Arts 7pm-8pm	<b>17</b> HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	<b>18</b> SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm	<b>19</b> Adult Martial Arts 10am -11am Youth Martial Arts 11am -12pm	
<b>20</b> Open	<b>21</b> SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm Youth Martial Arts 7pm-8pm	<b>22</b> HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	<b>23</b> SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm Adult Martial Arts 7pm-8pm	<b>24</b> HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	<b>25</b> SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm	<b>26</b> Adult Martial Arts 10am -11am Youth Martial Arts 11am -12pm	
<b>27</b> Open	<b>28</b> SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm Youth Martial Arts 7pm-8pm	<b>29</b> HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	<b>30</b> SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm Adult Martial Arts 7pm-8pm	<p style="text-align: center;"><i>Patrons may use any available opening.                      However, please remember that                      HCC programs, leagues, &amp; rentals                      will have priority.</i></p> <p style="text-align: center;"><i>Please be courteous if asked to be moved.                      This schedule can change                      without advanced notice.</i></p>			