

# June

(717) 316-3488



# 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Total Body Chair 10:00am	4 Vinyasa Yoga 10:00am	5 Exercise Surprise 10:00am <b>Staff Meeting: Pool Closed 1-3 &amp; Facility Closed 1:30-2:30</b>	6 Chair Yoga 10:00am	7	8
9	10 Total Body Chair 10:00am	11 Vinyasa Yoga 10:00am	12 Exercise Surprise 10:00am <b>Wellness Rounding 12:00pm</b>	13 Chair Yoga 10:00am	14	15
16	17 Total Body Chair 10:00am	18 Vinyasa Yoga 10:00am	19 Exercise Surprise 10:00am	20 Chair Yoga 10:00am	21	22
23	24 Total Body Chair 10:00am	25 Vinyasa Yoga 10:00am	26 Exercise Surprise 10:00am	27 Chair Yoga 10:00am	28	29
30						

Monday-Thursday 6am-6pm, Friday 6am-12pm, Saturday 6am-10am and closed Sunday.



# June 2024



## \*\*\*POOL SCHEDULE\*\*\*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00 – 7:30 Open	7:00 – 9:30 Open	7:00 – 7:30 Open	7:00 – 9:30 Open	7:00 – 7:30 Open	7:00 – 7:30 Lap Swim Only
	7:30 – 8:15 Strength and Stretch	11:00 – 11:45 Butts and Guts	7:30 – 8:15 Strength and Stretch	11:00 – 11:45 Sea Circuit	7:30 – 8:15 Strength and Stretch	7:30 – 8:15 Strength and Stretch
	8:15 – 9:30 Open	11:45 – 1:00 Open	8:15 – 9:30 Open	11:45 – 1:00 Open	8:15 – 9:30 Open	8:15 – 9:30 Open
	11:00 - 11:45 Arthritis Plus	1:00 – 1:30 Lap Swim Only	11:00 - 11:45 Arthritis Plus	1:00 – 1:30 Lap Swim Only	9:30 – 10:15 Arthritis	
	11:45 – 1:30 Open	3:00 – 4:15 Open	11:45 – 1:30 Open	3:00 – 4:15 Open	10:15 - 11:30 Open	
	3:00 – 4:15 Open	4:15 – 5:00 Sea Circuit	3:00 – 4:15 Open	4:15 – 5:00 Butts and Guts Plus		
	4:15 – 5:00 Tidal Waves		4:15 – 5:00 Mind/Body			

