Updated 5/30/2019

June 2019 Fitness Schedule – Jerry Tingle Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10-11a M/W Zumba will now be Silver Dance					1
2	3 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 8:30-9:30a Aqua Zumba® 9:20-9:50a Quick-Fit 10-11a Silver Dance ***5:50-6:45p No Zumba tonight*** ***7-7:45p No Yoga tonight***	4 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:20-9:50a Quick fit 4:45-5:30p Strong by Zumba - **Christa** 5:50-6:45p Zumba - **Christa**	5 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 8:30-9:30a Aqua Zumba® 9:20-9:50a Quick-Fit 10-11a Silver Dance	6 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:20-9:50a Quick fit 5:50-6:45p Zumba - **Stacey**	7 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 9:20-9:50a Quick-Fit 12-1p Aqua Zumba® 5:15-6p Water Aerobics 6-7p Yoga	8 9:30-10:30a Zumba - **Stacey**
9	10 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 8:30-9:30a Aqua Zumba® 9:20-9:50a Quick-Fit 10-11a Silver Dance 5:50-6:45p Zumba - **Christa** 7-7:45p Yoga	11 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:20-9:50a Quick fit 5:50-6:45p Zumba -**Stacey**	12 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 8:30-9:30a Aqua Zumba® 9:20-9:50a Quick-Fit 10-11a Silver Dance	13 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:20-9:50a Quick fit 5:50-6:45p Zumba - **Stacey**	14 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 9:20-9:50a Quick-Fit 12-1p Aqua Zumba ® 5:15-6p Water Aerobics 6-7p Yoga	15
16	17 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 8:30-9:30a Aqua Zumba® 9:20-9:50a Quick-Fit 10-11a Silver Dance 5:50-6:45p Zumba - **Christa** 7-7:45p Yoga	18 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:20-9:50a Quick fit 4:45-5:30p Strong by Zumba - **Christa** 5:50-6:45p Zumba - **Christa**	19 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 8:30-9:30a Aqua Zumba® 9:20-9:50a Quick-Fit 10-11a Silver Dance	20 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:20-9:50a Quick fit 5:50-6:45p Zumba - **Stacey**	21 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 9:20-9:50a Quick-Fit 12-1p Aqua Zumba 5:15-6p Water Aerobics 6-7p Yoga	22 9:30-10:30a Zumba - **Christa**
23 30	24 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 8:30-9:30a Aqua Zumba® 9:20-9:50a Quick-Fit 10-11a Silver Dance 5:50-6:45p Zumba - **Christa** 7-7:45p Yoga	25 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:20-9:50a Quick Fit 5:50-6:45p Zumba –**Stacey**	26 5:30-6:30a Boot Camp 7-8a Yoga 8:30-9:15a Forever Young 8:30-9:30a Aqua Zumba® 9:20-9:50a Quick-Fit 10-11a Silver Dance	27 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:20-9:50a Quick fit 5:50-6:45p Zumba - **Stacey**	28 5:30-6:30a Boot Camp 7a-8a Yoga 8:30-9:15a Forever Young 9:20-9:50a Quick-Fit 12-1p Aqua Zumba® ***5:15-6p No Water Aerobics tonight*** 6-7p Yoga- **Christa**	29