



June, July, August 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:00am - Heavy Free Weights <i>Exercises to work each muscle group with heavy free weights</i></p> <p>8:45-9:25 am WALKING Group - We will meet out front of the Grandview Center and walk around Wyman Woods Park</p> <p>9:30-10:30 Dance FITNESS Class BEGINNING JUNE 27</p> <p>10:30-12:00- Line Dance <i>Line Dance to the music of all genre</i></p> <p>12:00-1:00 Beginner Tap Class BEGINNING JUNE 27</p> <p>Christmas in July Health Fair and FREE Dinner July 25</p> <p>11:00am - Lunch & Learn <i>June 6, July 11, August 1</i></p> <p>Open Pickleball 4:00-6:00 pm Pierce Field</p>	<p>8:00am - Weights Workout <i>Exercises to work each muscle group with free weights</i></p> <p>9:00am - Total Body Workout <i>All muscle groups worked out with hand weights for core, strength and endurance. Movement exercise for balance and control</i></p> <p>10:00am - Jazzy Tappers Tap Dance Class</p> <p>11:00am - Chair Volleyball AND Wii Bowling</p> <p>11:30am - Book Club <i>2nd Tuesday of each month</i></p>	<p>8:00am - Cardio Combo <i>Exercises to work each muscle group with heavy free weights</i></p> <p>8:45-9:30 am WALKING Group - We will meet out front of the Grandview Center and walk around Wyman Woods Park</p> <p>9:00am - Chair Yoga <i>Use of breathing techniques and primary poses to increase endurance and flexibility while sitting in chair</i></p> <p>10:00am - Line Dance <i>Line Dance to the music of all genre</i></p> <p>NEW FREE Art Program June 15, July 20, August 11 at 11:00 am</p> <p>11:30 am Lunch and Learn August 3</p>	<p>8:00am - Total Body Workout & Floor Stretch <i>Exercises to work each muscle group with free weights</i></p> <p>9:00am - Total Body Workout <i>All muscle groups worked out with hand weights for core, strength and endurance. Movement exercise for balance and control</i></p> <p>10:00am - Stretch & Balance <i>Use of breathing techniques and primary poses to increase endurance and flexibility</i></p> <p>11:00am - Chair Volleyball & Wii Bowling</p> <p>12:00pm - Gingersnaps <i>Tap and Dance Performing Club</i></p> <p>12:30pm - Card Club Euchre on in the Grandview Center Lobby</p> <p>Open Pickleball 5:00-7:00 pm Pierce Field</p>	<p>8:00am - Total Body Sculpting <i>Exercises to work each muscle group with heavy free weights</i></p> <p>9:00am - Keep Moving! Low Cardio Workout <i>All muscle groups worked with low impact aerobic exercises and movements for core, strength, endurance, coordination, balance and control.</i></p> <p>10:00am - Stretch <i>Use of breathing techniques and primary poses to increase endurance and flexibility</i></p> <p>11:00am - BINGO! & 1:00pm Pizza Parties For dates- ask parks and rec!</p> <p>10:30am - Lunch Bunch <i>First Friday of every month</i></p> <p>BIKE RACE June 10</p>	<p>8:00am - Yoga <i>Use of breathing techniques and primary poses to increase endurance and flexibility</i></p> <p>Saturday, June 4- Community FITNESS Day!! 9:00-12:00 pm Pierce Field</p> <p>Open Pickleball 9:00-11:00 am Pierce Field on Saturdays</p>