

# June 2024



Stretch and Silver Sneakers Class Schedule

Monday	Tuesday	Wednesday	Thursday
17 9 - 10 am ~ Silver Sneakers with <b>Cassidy</b> (room 1&2)	18 9 - 10 am ~ Silver Sneakers w/ <b>Allie</b> (basketball gym)	19 8:30 - 9 - Stretch (room 3) 9-10 ~ Silver Sneakers w/ <b>Allie</b>	20 9 - 10 am ~ Silver Sneakers with <b>Allie</b> (room 1&2)
24	25	26	27
<b>NO STRECH CLASS OR SILVER SNEAKERS ALL WEEK</b>			

# July 2024



Stretch and Silver Sneakers Class Schedule

Monday	Tuesday	Wednesday	Thursday
1 8:30 - 9 - Stretch (room 3) 9-10 am ~ Silver Sneakers w/ <b>Allie</b> (room 1 & 2)	2	3	4
<b>NO CLASSES THE REST OF THE WEEK</b>			
8 8:30 - 9 - Stretch (room 3) 9-10 am ~ Silver Sneakers w/ <b>Allie</b> (basketball gym)	9 9 - 10 am ~ Silver Sneakers w/ <b>Allie</b> (basketball gym)	10 8:30 - 9 - Stretch (room 3) 9-10 am ~ Silver Sneakers w/ <b>Allie</b> (basketball gym)	11 9 - 10 am ~ Silver Sneakers with <b>Cassidy</b> (basketball gym)
15 9 - 10 am ~ Silver Sneakers with <b>Cassidy</b> (room 1&2)	16 9 - 10 am ~ Silver Sneakers w/ <b>Allie</b> (room 1 & 2)	17 8:30 - 9 - Stretch (room 3) 9-10 am ~ Silver Sneakers w/ <b>Allie</b> (room 1 & 2)	18 9 - 10 am ~ Silver Sneakers with <b>Cassidy</b> (room 1&2)
22 8:30 - 9 - Stretch (room 3) 9-10 am ~ Silver Sneakers w/ <b>Allie</b> (room 1 & 2)	23 9 - 10 am ~ Silver Sneakers with <b>Cassidy</b> (room 1&2)	24 8:30 - 9 - Stretch (room 3) 9-10 am ~ Silver Sneakers w/ <b>Allie</b> (room 1 & 2)	25 9 - 10 am ~ Silver Sneakers with <b>Cassidy</b> (room 1&2)
29 8:30 - 9 - Stretch (room 3) 9-10 am ~ Silver Sneakers w/ <b>Allie</b> (room 1 & 2)	30 9 - 10 am ~ Silver Sneakers with <b>Cassidy</b> (room 1&2)	31 8:30 - 9 - Stretch (room 3) 9-10 am ~ Silver Sneakers w/ <b>Allie</b> (room 1 & 2)	1 <b>*AUGUST 1ST*</b> 9 - 10 am ~ Silver Sneakers with <b>Cassidy</b> (room 1&2)

**If you do not receive text messages or emails regarding the silver sneakers classes please stop at the front desk and they will set you up**