

June 2025 Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:30am-7pm	3 8:30am-7pm	4 8:30am-7pm	5 8:30am-7pm	6 9am- 12pm
9am- Gentle Yoga (2) 1pm- Mat Pilates (1) 4pm- Life Skills (Children age 5-13class) (2) 5:30pm- Creative Cooking (1)	10am- Spin (1) 2pm- Fit and Fun with Kids (ages 5-15) (1) 4pm- Biblical Counseling (1) 4pm- Parent Support- ENGLISH ONLY (2). 5pm- Parent Support- SPANISH (2)	9am-Walking group- Outdoors (1) 10am- Chair Yoga (2) 2pm- Juice for Wellness (1) 4pm-Weight Loss & Healthy Eating on a Budget(2) 5pm- Weight Training (2)	11am- GED Classes-ADVANCED(1) 2pm- Weight Training (2) 2pm- Arts and crafts with Aneli (1)	9am- Mat Pilates (1) 9:30am- HIIT with Dalia (1) 10am- Spin (1)
9 8:30am- 7pm	10 8:30am-7pm	11 8:30am-7pm	12 8:30am-7pm	13 9am-12pm
9am- Gentle Yoga (2) 1pm- Mat Pilates (1) 5pm- Zumba (1) 5:30pm- Creative Cooking (1)	10am- Spin (1) 2pm- Fit and Fun with Kids (ages 5-15) (1) 4pm- Biblical Counseling (1)	9am-Walking group- Outdoors (1) 10am- Chair Yoga (2) 2pm- Womens Devotional (1) 5pm- Weight Training (2)	11am-GED Classes-ADVANCED(1) 2pm- Weight Training (2) 2pm- Life Skills (Children age 5-13)(2)	9am- Mat Pilates (1) 9:30am- HIIT with Dalia (1) 10am- Spin (1)
16 8:30am- 7pm	17 8:30am- 7pm	18 8:30am- 7pm	19 8:30am- 7pm	20 9am-12pm
9am- Gentle Yoga (2) 1pm- Mat Pilates (1) 5pm- Zumba (1) 5:30pm- Creative Cooking (1)	9am- How to build a Savings Account (2) 10am- Spin (1) 2pm- Fit and Fun with Kids-5 and up (1) 4pm- Biblical Counseling (1)	9am-Walking group-Outdoors (1) 10am- Chair Yoga (2) 2pm- Juice for Wellness (1) 4pm- Diabetic Foot Care 101(2) 5pm- Weight Training (2)	CLOSED	GYM Hours 9am-12pm
23 8:30am-7pm	24 8:30am-7pm	25 8:30am-7pm	26 8:30am-7pm	27 9am-12pm
9am- Gentle Yoga (2) 1pm- Mat Pilates (1) 5pm- Zumba (1) 5:30pm- Creative Cooking (1) 6pm- How to buy a House (2)	10am- Spin (1) 2pm- Fit and Fun with Kids (1) 4pm- Parent Support - ENGLISH ONLY (2). 5pm- Parent Support- SPANISH (2)	9am- Stress management (1) 10am- Chair yoga (2) 2pm- Womens Devotional(1) 5pm- Weight Training (2) 5:30pm-Wellness with Ravina (2)	10am- Increasing Personal Productivity (2) 11am-GED Classes-ADVANCED(1) 2pm- Weight Training (2) 2pm- Life Skills (Children age 5-13) (2) 6pm- Loteria (1)	9am- Mat Pilates (1) 9:30am- HIIT with Dalia (1) 10am- Spin (1)
30 8:30am-7pm				
9am- Gentle Yoga (2) 10am- How to start your own Business (2) 1pm- Mat Pilates (1) 4pm- Family support Class (2) 5pm- Zumba (1) 5:30pm- Creative Cooking (1)	Reminders: Aquatic Aerobics classes at the Warford Activity Center! Class Schedule: Monday - Friday at 9:00 AM Tuesday & Thursday at 7:00 PM	Children are welcome to attend classes with you; however, we kindly ask that you be respectful of others in the class. For safety reasons, children are NOT allowed on any fitness equipment.		