

June 2024 Wellness Calendar

Monday		Tuesday		Wednesday		Thursday		Friday	
3	8:30am-7pm	4	8:30am-7pm	5	8:30am-7pm	6	8:30am-7pm	7	9am-12pm
8:30am- Walking Group (1) 9am- Gentle Yoga (2) 10am- Gardening (1) 5pm- Zumba (1) 5pm- Walking group (1) 5:30pm- Creative Cooking (1)		8:30am- Walking Group (1) 9am- Eat Smart Live Strong. (2) 12pm- Creative Cooking (1) 4pm- Biblical Counseling (1) 5pm- Walking Group (1)		8:30am- Walking Group (1) 10am- Chair Yoga (2) 12pm- ESL with Liz(1) 5pm- Walking Group (1) 5pm- Zumba(1) 6pm- Financial Literacy (2)		8:30am- Walking Group (1) 10am- Build and Burn (1) 2pm- Life Skills (2) 5pm- Walking Group (1) 5pm- Loteria (1)		9am- Walking Group (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1)	
10	8:30am- 7pm	11	8:30am-7pm	12	8:30am-7pm	13	8:30am-7pm	14	9am-12pm
8:30am- Walking Group (1) 9am- Gentle Yoga (2) 10am- Gardening (1) 5pm- Zumba (1) 5pm- Walking group (1) 5:30pm- Creative Cooking (1)		8:30am- Walking Group (1) 9am- Eat Smart Live Strong. (2) 10am- Coffee with Community (1) 12pm- Creative Cooking (1) 5pm- Walking Group (1)		8:30am- Walking Group (1) 10am- Stress Management (2) 10am - Chair Yoga (2) 12pm- Fit Flow (1) 5pm- Walking Group (1)		8:30am- Walking Group (1) 10am- Build and Burn (1) 2pm- Life Skills (2) 3pm- Art Class (1) 5pm- Walking Group (1) 5pm-Loteria(1)		9am- Walking Group (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1)	
17	8:30am- 7pm	18	8:30am- 7pm	19	8:30am- 7pm	20	8:30am- 7pm	21	9am-12pm
8:30am- Walking Group (1) 9am- Gentle Yoga (2) 10am- Gardening (1) 5pm- Zumba (1) 5pm- Walking group (1) 5:30pm- Creative Cooking (1)		8:30am- Walking Group (1) 10am- Benefits of Strength training(1) 12:30pm- Low Impact fitness (1) 12pm- Creative Cooking (1) 2pm- Fruit water with Aneli (1) 4pm- Biblical Counseling (1) 5pm- Walking group (1)		CLOSED		8:30am- Walking Group (1) 8:30-12pm-Texas Tech Student Fair (2) 2pm- Life Skills (2) 5pm- Walking Group (1) 5pm- Loteria (1)		9am- Walking Group (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1)	
24	8:30am-7pm	25	8:30am-7pm	26	8:30am-7pm	27	8:30am-7pm	28	9am-12pm
8:30am- Walking Group (1) 9am- Gentle Yoga (2) 10am- Gardening (1) 5pm- Zumba (1) 5pm- Walking group (1) 5:30pm- Creative Cooking (1)		8:30am- Walking Group (1) 9am-Eat Smart Live Strong. (2) 12pm- Creative Cooking (1) 4pm- Biblical Counseling (1) 5pm-Walking Group. (1) 5pm- CPR Education (2)		8:30am-Walking group(1) 10am- Stress Management (2) 10am - Chair Yoga (2) 2pm- Mental Health Matters just as much as Physical Health (1) 5pm- Walking Group (1) 5pm- Zumba(1) 6pm-Money Matters(2)		8:30am- Walking Group (1) 10am- Time Management (2) 2pm- Life Skills (2) 3pm- Art Class (1) 5pm- Walking Group (1) 5pm-Loteria (1)		9am- Walking Group (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1)	
THEME of the Month: Muscles		SPOTLIGHT CLASSES: Mental Health matters just as much as Physical Health (1) Gardening (1) CPR Education (2) Texas Tech Student fair (2)							

