

The Answer Fitness Classes

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 BOOM Muscle 8:55-9:25AM BOOM Move 9:30-10AM Beginner Pickle Ball at Old Mill Park 10:30 – 12:30 PM TOPS 6 pm	2	3
4	5 Yoga Flow 7:30-8:30 AM at Old Mill Park SilverSneakers Yoga 9:00 – 9:30 AM at Old Mill Park TOPS 10 AM	6 BOOM Muscle 8:55-9:25AM BOOM Move 9:30-10AM Beginner Pickle Ball at Old Mill Park 10:30 – 12:30 PM	7 Yoga Flow 7:30-8:30 AM at Old Mill Park SilverSneakers Yoga 9:00 – 9:30 AM at Old Mill Park	8 BOOM Muscle 8:55-9:25AM BOOM Move 9:30-10AM Beginner Pickle Ball at Old Mill Park 10:30 – 12:30 PM TOPS 6 pm	9	10
11	12 Yoga Flow 8:00-9:00AM at Old Mill Park SilverSneakers Yoga 9:00 – 9:30 AM at Old Mill Park TOPS 10 AM	13 BOOM Muscle 8:55-9:25AM BOOM Move 9:30-10AM Beginner Pickle Ball at Old Mill Park 10:30 – 12:30 PM	14 FLAG DAY Yoga Flow 7:30-8:30 AM at Old Mill Park SilverSneakers Yoga 9:00 – 9:30 AM at Old Mill Park	15 BOOM Muscle 8:55-9:25AM BOOM Move 9:30-10AM Beginner Pickle Ball at Old Mill Park 10:30 – 12:30 PM TOPS 6 pm	16	17
18 	19 Yoga Flow 8:00-9:00AM at Old Mill Park SilverSneakers Yoga 9:00 – 9:30 AM at Old Mill Park TOPS 10 AM	20 BOOM Muscle 8:55-9:25AM BOOM Move 9:30-10AM Beginner Pickle Ball at Old Mill Park 10:30 – 12:30 PM	21 Yoga Flow 7:30-8:30 AM at Old Mill Park SilverSneakers Yoga 9:00 – 9:30 AM at Old Mill Park	22 BOOM Muscle 8:55-9:25AM BOOM Move 9:30-10AM Beginner Pickle Ball at Old Mill Park 10:30 – 12:30 PM TOPS 6 pm	23	24
25	26 Yoga Flow 8:00-9:00AM at Old Mill Park SilverSneakers Yoga 9:00 – 9:30 AM at Old Mill Park TOPS 10 AM	27 BOOM Muscle 8:55-9:25AM BOOM Move 9:30-10AM Beginner Pickle Ball at Old Mill Park 10:30 – 12:30 PM	28 Yoga Flow 7:30-8:30 AM at Old Mill Park SilverSneakers Yoga 9:00 – 9:30 AM at Old Mill Park	29 <u>The Answer is Closed until July 10th for Vacation. Keyless entry available.</u>	30	

