



## **On-Going Program Weekly Schedule June 2020**

### **Monday**

11:00 a.m. Zumba Gold with Ketty  
1:00 p.m. Seated Strength & Balance with Pearl

### **Tuesday**

10:00 a.m. Muscle Conditioning with Nicole  
11:00 a.m. Zumba Gold with Ketty

### **Wednesday**

11:00 a.m. Zumba Gold with Ketty  
1:00 p.m. Seated Strength & Balance with Pearl

### **Thursday**

9:00 a.m. Meditation with Betsy  
11:00 a.m. Zumba Gold with Ketty  
3:00 p.m. Folk Sing-Along with Sarah

### **Friday**

10:00 a.m. Muscle Conditioning with Nicole  
11:00 a.m. Zumba Gold with Ketty