

SILVERSNEAKERS® JUNE 2010

7- Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>New This Month:</p> <p>Chick-Fil-A Family Night @ Dash Baseball Stadium June 12 7:00 p.m SilverSneakers Day June 17</p>	<p>NEW Afternoon Classes Starting Tuesday June 1 Classes are from 11:00-1:30</p>	<p>1 Silver Stretch 9 Indoor Track 9:30-9:45 Fitness Center 9:45-10:15 Break 10:15-10:30 SilverCise 10:30-11:15 <i>Silver Water Fitness 10-11</i></p>	<p>2 Silver Water Fitness 10-11 Arthritis Foundation 11-12</p>	<p>3 Silver Stretch 9 Indoor Track 9:30-9:45 Fitness Center 9:45-10:15 Break 10:15-10:30 SilverCise 10:30-11:15 <i>Silver Water Fitness 10-11</i></p>	<p>4 Silver Water Fitness 10-11 Arthritis Foundation 11-12</p>	<p>5 Silver Water Fitness 10-11</p>
6	<p>7 Silver Stretch 11 Indoor Track 11:30-12:00 Fitness Center 12:00-12:30 Break 12:30-12:45 SilverCise 12:45-1:30 <i>Silver Water Fitness 10-11 Arthritis Foundation 11-12</i></p>	<p>8 Silver Stretch 9 Indoor Track 9:30-9:45 Fitness Center 9:45-10:15 Break 10:15-10:30 SilverCise 10:30-11:15 <i>Silver Water Fitness 10-11</i></p>	<p>9 Silver Water Fitness 10-11 Arthritis Foundation 11-12</p>	<p>10 Silver Stretch 9 Indoor Track 9:30-9:45 Fitness Center 9:45-10:15 Break 10:15-10:30 SilverCise 10:30-11:15 <i>Silver Water Fitness 10-11</i></p>	<p>11 Silver Water Fitness 10-11 Arthritis Foundation 11-12</p>	<p>12 Chick-Fil-A Family Night @ Dash Baseball Stadium</p>
13	<p>14 Silver Stretch 11 Indoor Track 11:30-12:00 Fitness Center 12:00-12:30 Break 12:30-12:45 SilverCise 12:45-1:30 <i>Silver Water Fitness 10-11 Arthritis Foundation 11-12</i></p>	<p>15 Silver Stretch 9 Indoor Track 9:30-9:45 Fitness Center 9:45-10:15 Break 10:15-10:30 SilverCise 10:30-11:15 <i>Silver Water Fitness 10-11</i></p>	<p>16 Silver Water Fitness 10-11 Arthritis Foundation 11-12</p>	<p>17 Silver Sneakers Day</p>	<p>18 Silver Water Fitness 10-11 Arthritis Foundation 11-12</p>	<p>19 Silver Water Fitness 10-11</p>
20	<p>21 Silver Stretch 11 Indoor Track 11:30-12:00 Fitness Center 12:00-12:30 Break 12:30-12:45 SilverCise 12:45-1:30 <i>Silver Water Fitness 10-11 Arthritis Foundation 11-12</i></p>	<p>22 Silver Stretch 9 Indoor Track 9:30-9:45 Fitness Center 9:45-10:15 Break 10:15-10:30 SilverCise 10:30-11:15 <i>Silver Water Fitness 10-11</i></p>	<p>23 Silver Water Fitness 10-11 Arthritis Foundation 11-12</p>	<p>24 Silver Stretch 9 Indoor Track 9:30-9:45 Fitness Center 9:45-10:15 Break 10:15-10:30 SilverCise 10:30-11:15 <i>Silver Water Fitness 10-11</i></p>	<p>25 Silver Water Fitness 10-11 Arthritis Foundation 11-12</p>	<p>26 Silver Water Fitness 10-11</p>
27	<p>28 Silver Stretch 11 Indoor Track 11:30-12:00 Fitness Center 12:00-12:30 Break 12:30-12:45 SilverCise 12:45-1:30 <i>Silver Water Fitness 10-11 Arthritis Foundation 11-12</i></p>	<p>29 Silver Stretch 9 Indoor Track 9:30-9:45 Fitness Center 9:45-10:15 Break 10:15-10:30 SilverCise 10:30-11:45 <i>Silver Water Fitness 10-11</i></p>	<p>30 Silver Water Fitness 10-11 Arthritis Foundation 11-12</p>			

AM & PM SCHEDULE