



June 2023



EVENTS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1PM Lunchtime Cardio & Muscle w/Stacey 5:30PM Cardio Dance & Tone	2 8AM Band Class w/ Stacey	3 9:30AM Cardio Dance & Tone 11AM Barre/Yoga w/Stacey 12PM Support Group
4	5 New Healthy for Summer Tips Series on the FaceBook Community Support Group	6 7AM Abs Class w/ Stacey	7 9AM Barre Class w/ Stacey	8 How to Build a Balanced Smoothie 12:15 PM Lifestyle Session: <i>Health benefits of plant-based proteins</i> 1PM Lunchtime Cardio & Muscle w/Stacey 5:30PM Cardio Dance & Tone	9 8AM Band Class w/ Stacey	10 9:30AM Cardio Dance & Tone 11AM Barre/Yoga w/Stacey 12PM Support Group
11	12 New Healthy for Summer Tip Series on the FaceBook Community Support Group	13 7AM Abs Class w/ Stacey	14 9AM Barre Class w/ Stacey	15 Building Confidence for Behavior Change 1PM Lunchtime Cardio & Muscle w/Stacey 5:30PM Cardio Dance & Tone	16 8AM Band Class w/ Stacey	17 9:30AM Cardio Dance & Tone 11AM Barre/Yoga w/Stacey 12PM Support Group
18	19 New Healthy for Summer Tip Series on the FaceBook Community Support Group	20 7AM Abs Class w/ Stacey	21 9AM Barre Class w/ Stacey	22 Nutrition Travel Tips 1PM Lunchtime Cardio & Muscle w/Stacey 5:30PM Cardio Dance & Tone	23 8AM Band Class w/ Stacey	24 9:30AM Cardio Dance & Tone 11AM Barre/Yoga w/Stacey 12PM Support Group
25	26 New Healthy for Summer Tip Series on the FaceBook Community Support Group	27 7AM Abs Class w/ Stacey	28 9AM Barre Class w/ Stacey	29 1PM Lunchtime Cardio & Muscle w/Stacey 5:30PM Cardio Dance & Tone	30 8AM Band Class w/ Stacey	

See Our Online Health Tip of the Month:

SOAK UP THE SUN!!

