

Monday	Tuesday	Wednesday	Thursday	Friday
9:15am Indoor Walk with Weights <sup>1</sup> (WS) 10:00am Men's Swim Class (POOL) 10:45am Strength and Balance (WS) 11:30am Core and Chair Yoga (WS) <b>2pm Line dance w/ Hope (TCL)</b>	9:15am Outdoor/Indoor Walk <sup>2</sup> with Weights (WS) 10:00am Women's Cardio Swim (POOL) 10:45am Chair Strength (WS) 11:30am Core (WS) <b>2:30pm FITNESS MONOPOLY (WS)</b>	9:15am Fitness @ The Villas (TZ) <sup>3</sup> 10:00am Men's Swim Class (POOL) 10:45am Strength and Balance (WS) 11:30am Core and Chair Yoga (WS) 2:00pm Woman's Swim (POOL)	9:15am Outdoor/Indoor <sup>4</sup> Walk w/weights (WS) 10:00am Women's Cardio Swim (POOL) 10:45am Strength and Balance (WS) 11:30am Core (WS)	9:15am Fitness @ The Villas <sup>5</sup> (TZ) 11:00am Town Hall 3:00pm Chair Volleyball (CR)
9:15am Indoor Walk with Weights(WS) <sup>8</sup> 10:00am Men's Swim Class (POOL) 10:45am Strength and Balance (WS) 11:30am Core and Chair Yoga (WS) 2:00pm Woman's Swim (POOL)	9:15am Outdoor/Indoor Walk <sup>9</sup> with Weights (WS) 10:00am Women's Cardio Swim (POOL) 10:45am Chair Strength (WS) 11:30am Core (WS)	9:15am Fitness @ The Villas (TZ) <sup>10</sup> <b>10:00am Mill Mountain Garden Walk (TCL)</b> <b>2:30pm WOMAN'S SWIM (POOL)</b>	9:15am Outdoor/Indoor <sup>11</sup> Walk w/weights (WS) 10:00am Women's Cardio Swim (POOL) 10:45am Strength and Balance (WS) 11:30am Core (WS) <b>3:00pm Wellness Jeopardy (CR)</b>	9:15am Fitness @ The Villas <sup>12</sup> (TZ) 10:00am Men's Swim (POOL) 10:45 Chair Strength (WS) 11:30am Chair Yoga (WS) 3:00pm Chair Volleyball (CR)
9:15am Indoor Walk with Weights (WS) <sup>15</sup> 10:00am Men's Swim Class (POOL) 10:45am Strength and Balance (WS) 11:30am Core and Chair Yoga (WS) <b>2pm Line dance w/ Hope (TCL)</b>	9:15am Outdoor/Indoor Walk <sup>16</sup> with Weights (WS) 10:00am Women's Cardio Swim (POOL) 10:45am Chair Strength (WS) 11:30am Core (WS) <b>2:30pm FITNESS MONOPOLY (Knollwood SR)</b>	9:15am Fitness @ The Villas (TZ) <sup>7</sup> 10:00am Men's Swim Class (POOL) 10:45am Strength and Balance (WS) 11:30 Core and Chair Yoga (WS) 2:00pm Woman's Swim (POOL)	9:15am Outdoor/Indoor <sup>18</sup> Walk w/weights (WS) 10:00am Women's Cardio Swim (POOL) 10:45am Strength and Balance (WS) 11:30am Core (WS) <b>2:30pm BB Baseball (RR)</b>	9:15am Fitness @ The Villas <sup>19</sup> (TZ) 10:00am Men's Swim (POOL) 10:45am Chair Strength <b>1:00pm Father's Day all men Strength and Balance Class (WS)</b> 3:00pm Chair Volleyball (CR)
9:15am Indoor Walk with Weights(WS) <sup>22</sup> 10:00am Men's Swim Class (POOL) 10:45am Strength and Balance (WS) 11:30am Core and Chair Yoga (WS) 2:00pm Woman's Swim (POOL)	9:15am Outdoor/Indoor Walk <sup>23</sup> with Weights (WS) 10:00am Women's Cardio Swim (POOL) 10:45am Chair Strength (WS) 11:30am Core (WS)	9:15am Fitness @ The Villas (TZ) <sup>24</sup> 10:00am Men's Swim Class (POOL) 10:45am Strength and Balance (WS) 11:30am Core and Chair Yoga (WS) 2:00pm Woman's Swim (POOL)	9:15am Outdoor/Indoor <sup>25</sup> Walk w/weights (WS) 10:00am Women's Cardio Swim (POOL) 10:45am Strength and Balance (WS) 11:30am Core (WS) <b>3:00pm Wellness Jeopardy (CR)</b>	9:15am Fitness @ The Villas <sup>26</sup> (TZ) 10:00am Men's Swim (POOL) 10:45am Chair Strength (WS) 11:30am Chair Yoga (WS) 3:00pm Chair Volleyball (CR)
9:15am Indoor Walk with Weights(WS) <sup>29</sup> 10:00am Men's Swim Class (POOL) 10:45am Strength and Balance (WS) 11:30am Core and Chair Yoga (WS) 2:00pm Woman's Swim (POOL)	9:15am Outdoor/Indoor Walk <sup>30</sup> with Weights (WS) 10:00am Women's Cardio Swim (POOL) 10:45am Chair Strength (WS) 11:30am Core (WS) <b>2:30pm FITNESS MONOPOLY (WS)</b>	 <h1 style="font-size: 4em; color: #003366; margin: 0;">June 2026</h1>		

CR = Community Room (Town Center), WS = Wellness Studio (Town Center), SR = Shenandoah Room (Knollwood), LL = Lower Lake (Outside), RR = Regency Room (Ridgecrest), TZ = Tone Zone (Villas), LOBBY = Town Center Lobby, POOL = Outpatient Pool at Health Center . **Calliope Restrepo (540) 378-6134 crestrepo@friendship.us**