



# JUNE

# ADULT WELLNESS PROGRAM

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W

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F

S

1

2

8:45 - 9:45 AM at  
the Brown Gym  
11 - 11:45 AM at  
Hunter Hall  
12 - 12:45 PM at  
Hunter Hall

3

8:45 - 9:45 AM at  
the Brown Gym

4

8:45 - 9:45 AM at  
the Brown Gym  
11 - 11:45 AM at  
Hunter Hall  
12 - 12:45 AM at  
Hunter Hall

5

8:45 - 9:45 AM at  
the Brown Gym

6

8:45 - 9:45 AM at  
the Brown Gym  
11 - 11:45 AM at  
Hunter Hall

7

8

9

8:45 - 9:45 AM at  
the Brown Gym  
11 - 11:45 AM at  
Hunter Hall  
12 - 12:45 PM at  
Hunter Hall

10

8:45 - 9:45 AM at  
the Brown Gym

11

8:45 - 9:45 AM at  
the Brown Gym  
11 - 11:45 AM at  
Hunter Hall  
12 - 12:45 AM at  
Hunter Hall

12

8:45 - 9:45 AM at  
the Brown Gym

13

NO  
CLASSES

14

15

HAPPY  
Father's  
DAY

16

8:45 - 9:45 AM at  
the Brown Gym  
11 - 11:45 AM at  
Hunter Hall  
12 - 12:45 PM at  
Hunter Hall

17

8:45 - 9:45 AM at  
the Brown Gym

18

8:45 - 9:45 AM at  
the Brown Gym  
11 - 11:45 AM at  
Hunter Hall  
12 - 12:45 AM at  
Hunter Hall

19

8:45 - 9:45 AM at  
the Brown Gym

20

8:45 - 9:45 AM at  
the Brown Gym  
11 - 11:45 AM at  
Hunter Hall

21

22

23

8:45 - 9:45 AM at  
the Brown Gym  
11 - 11:45 AM at  
Hunter Hall  
12 - 12:45 PM at  
Hunter Hall

24

8:45 - 9:45 AM at  
the Brown Gym

25

8:45 - 9:45 AM at  
the Brown Gym  
11 - 11:45 AM at  
Hunter Hall  
12 - 12:45 AM at  
Hunter Hall

26

8:45 - 9:45 AM at  
the Brown Gym

27

NO  
CLASSES

28

29

30

8:45 - 9:45 AM at  
the Brown Gym  
11 - 11:45 AM at  
Hunter Hall  
12 - 12:45 PM at  
Hunter Hall

## Legend:

- Level 1  
Low Impact Exercise
- Level 1  
Aerobics
- Level 2  
Pilates
- Level 3  
Pilates
- Level 2  
Functional Strength Training
- Level 3  
Functional Strength Training
- Tai Chi
- Workshop