



## SCHEDULE

JUNE 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Empty box for Monday

**1**  
8am -12pm **Massage available** by appointment  
11:30am-12pm Back Class  
4:30pm-5pm Leg Strength

**2**  
11:30am-12pm Balance/Strength  
4:30pm-5pm Upper Body

**3**  
11am-11:30am Strength/Mobility

**4**  
Empty box for Saturday

**6**  
11:30am-12pm Leg Strength  
4:30pm-5pm Back Class  
2pm-6pm **Massage available** by appointment

**7**  
11:30am-12pm Upper Body  
4:30pm-5pm Balance/Strength  
2pm -6pm **Massage available** by appointment

**8**  
8am -12pm **Massage available** by appointment  
11:30am-12pm Back Class  
4:30pm-5pm Leg Strength

**9**  
11:30am-12pm Balance/Strength  
4:30pm-5pm Upper Body

**10**  
11am-11:30am Strength/Mobility  
1pm -5pm **Massage available** by appointment  
BINGO Event

**11**  
Empty box for Saturday

**13**  
11:30am-12pm Leg Strength  
4:30pm-5pm Back Class  
2pm-6pm **Massage available** by appointment

**14**  
11:30am-12pm Upper Body  
4:30pm-5pm Balance/Strength  
2pm -6pm **Massage available** by appointment

**15**  
8am -12pm **Massage available** by appointment  
11:30am-12pm Back Class  
4:30pm-5pm Leg Strength

**16**  
11:30am-12pm Balance/Strength  
4:30pm-5pm Upper Body

**17**  
11am-11:30am Strength/Mobility

**18**  
Empty box for Saturday

**20**  
11:30am-12pm Leg Strength  
4:30pm-5pm Back Class  
2pm-6pm **Massage available** by appointment

**21**  
11:30am-12pm Upper Body  
4:30pm-5pm Balance/Strength  
2pm -6pm **Massage available** by appointment

**22**  
8am -12pm **Massage available** by appointment  
11:30am-12pm Back Class  
4:30pm-5pm Leg Strength

**23**  
11:30am-12pm Balance/Strength  
4:30pm-5pm Upper Body

**24**  
11am-11:30am Strength/Mobility  
1pm -5pm **Massage available** by appointment

**25**  
Empty box for Saturday

**27**  
11:30am-12pm Leg Strength  
4:30pm-5pm Back Class  
2pm-6pm **Massage available** by appointment

**28**  
11:30am-12pm Upper Body  
4:30pm-5pm Balance/Strength  
2pm -6pm **Massage available** by appointment

**29**  
8am -12pm **Massage available** by appointment  
4:30pm-5pm Leg Strength

**30**  
11:30am-12pm Balance/Strength  
4:30pm-5pm Upper Body

**Massage Therapy by appointment as noted**  
Christian Trigueros, CMT and Billy Martinez, CMT  
**Personal Training available by appointment**  
Adolfo Hernandez, BA