

June



2026

“June teaches us that growth is quiet — built in the moments you choose not to give up.”

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:30AM Water Aerobics 6:00PM BODSQUAD 7:30PM PILATES	2 8:30AM AQUA HIIT 6:30PM Strike & Sculpt 7:00PM ACTIVTRAX 7:30PM YOGA	3 9:00AM BARRE 6:00PM ZUMBA 6:15PM Water Aerobics 7:30PM DSKO	4 8:30AM Sunrise Strength 6:00PM BODSQUAD 7:00PM ACTIVTRAX 7:30PM Aqua Combat	5 8:30AM Water Aerobics 10:00AM PILATES 6:00PM BODSQUAD	6 9:30AM BODYSCULPT 10:45AM ZUMBA
7	8 8:30AM Water Aerobics 6:00PM BODSQUAD 7:30PM PILATES	9 8:30AM AQUA HIIT 6:30PM Strike & Sculpt 7:00PM ACTIVTRAX 7:30PM YOGA	10 9:00AM BARRE 6:00PM ZUMBA 6:15PM Water Aerobics 7:30PM DSKO	11 8:30AM Sunrise Strength 6:00PM BODSQUAD 7:00PM ACTIVTRAX 7:30PM Aqua Combat	12 8:30AM Water Aerobics 10:00AM PILATES 6:00PM BODSQUAD	13 9:30AM BODYSCULPT 10:45AM ZUMBA
14	15 8:30AM Water Aerobics 6:00PM BODSQUAD 7:30PM PILATES	16 8:30AM AQUA HIIT 6:30PM Strike & Sculpt 7:00PM ACTIVTRAX 7:30PM YOGA	17 9:00AM BARRE 6:00PM ZUMBA 6:15PM Water Aerobics 7:30PM DSKO	18 8:30AM CHAIR YOGA 6:00PM BODSQUAD 7:00PM ACTIVTRAX 7:30PM Aqua Combat	19 8:30AM Water Aerobics 10:00AM PILATES	20 9:30AM BODYSCULPT 10:45AM ZUMBA 12:00PM YOGA FIRST DAY OF SUMMER!
21	22 8:30AM Water Aerobics 6:00PM BODSQUAD 7:30PM PILATES	23 8:30AM AQUA HIIT 6:30PM Strike & Sculpt 7:00PM ACTIVTRAX 7:30PM YOGA	24 9:00AM BARRE 6:00PM ZUMBA 6:15PM Water Aerobics 7:30PM DSKO	25 8:30AM CHAIR YOGA 6:00PM BODSQUAD 7:00PM ACTIVTRAX 7:30PM Aqua Combat	26 8:30AM Water Aerobics 10:00AM PILATES	27 9:30AM FIT in the PARK Garden City Park: Fitness Court 10:45AM ZUMBA
28	29 8:30AM Water Aerobics 6:00PM BODSQUAD 7:30PM PILATES	30 8:30AM AQUA HIIT 6:30PM Strike & Sculpt 7:00PM ACTIVTRAX 7:30PM YOGA		WHAT IS ACTIVTRAX? FITNESS EDUCATION & PROGRESS TRACKING	KEY: Class Locations BLUE = POOL PURPLE = STUDIO A RED = STUDIO B	GREEN WRITING = Class Cancellations OR Announcements