





# Edenwald Fitness & Wellness June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 11AM Dance for PD (SH) All are welcome!
<b>2</b>	<b>3</b> 9:45AM Strength & Stretch (AUD) 11AM Tai Chi w/Eric via ZOOM  2PM Wellness Workout (FS)	<b>4</b> <b>9:30AM Lake Roland Park (RR)</b> 10:30AM Strength Training w/Mary Ann (FS)  2PM Balance Training (FS)	<b>5</b> 9:45AM Strength & Stretch (AUD)  2PM Core Blast (FS)	<b>6</b> 9:45AM Morning Stretch (FS) 10:30AM Seated Yoga (FS)  2PM Seated Zumba (FS)	<b>7</b> 9:45AM Strength & Stretch (AUD)  <b>1PM Meditation w/Jayne (FS)</b> 2PM Balance Training (FS)	<b>8</b> 11AM Dance for PD (SH) All are welcome!
<b>9</b>	<b>10</b> 9:45AM Strength & Stretch (AUD) 11AM Tai Chi w/Eric via ZOOM  2PM Wellness Workout (FS)	<b>11</b> 9:45AM Morning Stretch (FS) 10:30AM Strength Training w/Mary Ann (FS)  2PM Balance Training (FS)	<b>12</b> 9:45AM Strength & Stretch (AUD)  2PM Core Blast (FS)	<b>13</b> 9:45AM Morning Stretch (FS) 10:30AM Seated Yoga (FS)  2PM Seated Zumba (FS)	<b>14</b> 9:45AM Strength & Stretch (AUD)  2PM Balance Training (FS)	<b>15</b> 11AM Dance for PD (SH) All are welcome!

Apart from Core Blast, all classes will work with various fitness levels. You must be pre-approved to attend Core Blast. Please contact Amy with questions.



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<p><b>16</b></p>	<p><b>17</b> 9:45AM Strength &amp; Stretch (AUD) 11AM Tai Chi w/Eric via ZOOM  2PM Wellness Workout (FS)</p>	<p><b>18</b> 9:45AM Morning Stretch (FS) 10:30AM Strength Training w/Mary Ann (FS)  2:00PM Balance Training (FS)</p>	<p><b>19</b></p> 	<p><b>20</b> 9:45AM Morning Stretch (FS) 10:30AM Seated Yoga (FS)  2PM Seated Zumba (FS)</p>	<p><b>21</b> 9:45AM Strength &amp; Stretch (TM)  2PM Balance Training (FS)</p>	<p><b>22</b> 11AM Dance for PD (SH) All are welcome!</p>
<p><b>23</b></p>	<p><b>24</b> 9:45AM Strength &amp; Stretch (AUD) 11AM Tai Chi w/Eric via ZOOM  2PM Wellness Workout (FS)</p>	<p><b>25</b> 9:45AM Morning Stretch (FS) 10:30AM Strength Training w/Mary Ann (FS) <b>1:00PM Reiki w/Alex (FS)</b> 2:00PM Balance Training (FS)</p>	<p><b>26</b> 9:45AM Strength &amp; Stretch (AUD)  2PM Core Blast</p>	<p><b>27</b> 9:45AM Morning Stretch (FS) 10:30AM Seated Yoga (FS)  2PM Seated Zumba (FS)</p>	<p><b>28</b> 9:45AM Strength &amp; Stretch (TM)  2PM Balance Training (FS)</p>	<p><b>29</b> 11AM Dance for PD (SH) All are welcome!</p>
<p><b>30</b></p>						

Highlight represents special events. AUD-Auditorium, FS-Fitness Studio, SH-Stroh Hall, TM-Terrace's Multipurpose Room.