

EXERCISE CLASSES

**PAN-AM CENTER
M/W/F BAILOTERAPIA
9:00-10:00
M/TH YOGA 10:00-11:00**

**PAN-AM M/W/F
FRANK BERGON T/W/TH
9:00AM-2:00PM
PAC(559)675-2095
FAB(559)673-4293**

June 2024



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------------|--|---|---|--|--|----------|
| DAY TRIPS SUBJECT TO CHANGE | | | | | | 1 |
| 2 | 3 9:00-10:00 Coffee/News 10:00-10:45 Yoga 11:00-11:45 Tech class 10:30-11:30 Tai Chi 11:30-1:00 PickleBall | 4 9:00-10:00 Coffee/News 10:00-1:00 Fresno Library 10:00-10:45 Gentle Yoga 10:00-1:00 Karaoke 12:30-1:30 Movie Day | 5 9:00-10:00 Coffee/News 9:15-10:15 Walking Class 10:30-11:30 Tai Chi 11:30-1:00 PickleBall 1:00-2:00 Knit n Knots | 6 9:00-10:00 Coffee/News 10:15-11:00 Board Games 10:30-11:30 Weight Training 12:15-1:00 Bingo | 7 9:00-10:00 Coffee/News 9:15-10:15 Walking Class 10:00-2:00 Karaoke | 8 |
| 9 | 10 9:00-10:00 Coffee/News 10:00-10:45 Yoga 11:00-11:45 Tech class 10:30-11:30 Tai Chi 11:30-1:00 PickleBall | 11 9:00-10:00 Coffee/News 10:00-1:00 Kerman Wal-Mart 10:00-10:45 Gentle Yoga 11:00-11:45 Tech Class 12:30-1:30 Movie Day | 12 9:00-10:00 Coffee/News 9:15-10:15 Walking Class 10:30-11:30 Tai Chi 11:30-1:00 Pickle ball 1:00-2:00 Knit n Knots | 13 9:00-10:00 Coffee/News 10:15-11:00 Board Games 10:30-11:30 Weight Training 11:30-12:30 Passport Travels 12:15-1:00 Bingo | 14 Fathers Day Burger Bash!!! | 15 |
| 16 | 17 9:00-10:00 Coffee/News 10:00-10:45 Yoga 11:00-11:45 Tech class 10:30-11:30 Tai Chi 11:30-1:00 PickleBall | 18 9:00-10:00 Coffee/News 10:00-1:00 Maya Movies 10:00-10:45 Gentle Yoga 11:00-11:45 Tech Class 12:30-1:30 Movie Day | 19 9:00-10:00 Coffee/News 9:15-10:15 Walking Class 10:30-11:30 Tai Chi 11:30-1:00 Pickleball 1:00-2:00 Knit n Knots | 20 9:00-10:00 Coffee/News 0:30-11:30 Weight Training 12:15--1:00 Bingo | 21 9:00-10:00 Coffee/News 9:15-10:15 Walking Class 10:00-2:00 Karaoke | 22 |
| 23 | 24 9:00-10:00 Coffee/News 10:00-10:45 Yoga 11:00-11:45 Tech class 10:30-11:30 Tai Chi 11:30-1:00 Pickleball | 25 9:00-10:00 Coffee/News 10:00-1:00 Lee Kitchen 10:00:10:45 Gentle Yoga 11:00-11:45 Tech Class 12:30-1:30 Movie Day | 26 9:00-10:00 Coffee/News 9:15-10:15 Walking Class 10:00-1:00 Nails 11:30-1:00 Pickleball 1:00-2:00 Knit n Knots | 27 9:00-10:00 Coffee/News 11:30-12:30 Passport Travels 0:30-11:30 Weight Training 12:15-1:00 Bingo | 28 9:00-10:00 Coffee/News 9:15-10:15 Walking Class 10:00-2:00 Karaoke | 29 |