

# June CommonHealth Wellness Schedule – James Monroe Bldg.

All Lunch & Learns – James Monroe – Main Level- Bring your lunch!

All Fitness Classes – S Level Fitness Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11 12:15 - 1 CommonHealth Lunch &amp; Learn how to Basic Step, Cardio &amp; weights <b>BRING YOUR LUNCH!</b></p> <p>Core Fit Class – Fitness Center</p>	<p>12 12:15 – 1 Core Fit Class – S Level</p> <p><b>Updated Schedule June 11-29!</b></p>	<p>13 12:15 – 1 Yoga with Danny Fitness Center-S</p>	<p>14 Core Fit Class – S Level Walks – 12:15 PHB</p>	<p>15 12:15 – 1 Yoga with Danny Fitness Center-S</p>
<p>18 12:15 - 1 CommonHealth Learning Station James Monroe Bldg. – Main Lobby <i>No Core Fit this week – check out Tuesday and Thursday events</i></p>	<p>19 12:15 – 1 <b>Special Fitness Class: FREE!</b> Basic Step, Cardio &amp; weights</p>	<p>20 12:15 – 1 <b>Yoga with Danny</b> Fitness Center-S</p>	<p>21 12:15 – 1 S Level <b>Basic Step, Cardio &amp; weights FREE! Also</b> Walks 12:15@ PHB</p>	<p>22 12:15 – 1 Yoga with Danny Fitness Center-S</p>
<p>25 12:15 - 1 CommonHealth Lunch &amp; Learn <b>BRING YOUR LUNCH</b></p> <p>Core Fit Class – Fitness Center</p>	<p>26 12:15 – 1 Core Fit Class – S Level</p>	<p>27 12:15 – 1 <b>No Yoga Class Today!</b></p>	<p>28 Core Fit Class Walks – 12:1 S Level</p>	<p>29 12:15 – 1 <b>No Yoga Class Today!</b></p>