



### June QU Health Fitness Center Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
10:00-10:45 a.m. Senior Fit Gary Hackman			10:00-10:45 a.m. Senior Fit Gary Hackman	
12:15-12:45 Pilates/Core Angela Reed	12:15-12:45 p.m. Total Body Gary Hackman	12:15-12:45 p.m. Yoga Angela Reed	12:15-12:45 p.m. Total Body Gary Hackman	
5:30-6:30 p.m. Power Pop Pilates Joyce Waterkotte				
6:30-7:00 p.m. Barre HITT Joyce Waterkotte				

Note: Due to summer time and vacations please see the below dates that will not have classes.

- NO Pilates/Core Class or Yoga Class the week of JUNE 6<sup>TH</sup> OR JUNE 8<sup>TH</sup> OR JUNE 20<sup>TH</sup> OR JUNE 22<sup>ND</sup>
- NO Total Body JUNE 9th