



June 2022 Exercise Calendar



Water Aerobics classes take place at the Warford Activity Center (1330 NW 18th Avenue, Amarillo, TX 79107)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:30 AM – 8:30 PM	2 8:30 AM – 8:30 PM	3 9:00 AM – 12:00 PM	4 8:30 AM – 12:00 PM
		8:30 am – Walking Group 10:30 am – SitFit (Hybrid) 1 pm – Water Aerobics 5 pm – Walking Group	8:30 am – Walking Group 1 pm – Chair Yoga 5 pm – Walking Group	9 am – Walking Group 9:30 am – Outdoor Walking Group (<u>Sam Houston Park</u>) 10:30 am – Build	12 pm – Water Aerobics
6 8:30 AM – 8:30 PM	7 8:30 AM – 8:30 PM	8 8:30 AM – 8:30 PM	9 8:30 AM – 8:30 PM	10 9:00 AM – 12:00 PM	11 CLOSED
8:30 am – Walking Group 9 am – Gentle Yoga 5 pm – Walking Group	8:30 am – Walking Group 9 am – Mindful Eating (Hybrid) 10:30 am – Tai Chi 11:15 am – Water Aerobics 1 pm – Latin Cardio 5 pm – Walking Group	8:30 am – Walking Group 10:30 am – SitFit (Hybrid) 5 pm – Walking Group 5:30 pm – Exercising with Diabetes (Hybrid)	8:30 am – Walking Group 11:15 am – Water Aerobics 1 pm – Chair Yoga 5 pm – Walking Group	9 am – Walking Group 10:30 am – Build	
13 8:30 AM – 8:30 PM	14 8:30 AM – 8:30 PM	15 8:30 AM – 8:30 PM	16 8:30 AM – 8:30 PM	17 9:00 AM – 12:00 PM	18 CLOSED
8:30 am – Walking Group 9 am – Gentle Yoga 5 pm – Walking Group	8:30 am – Walking Group 9 am – Mindful Eating (Hybrid) 10:30 am – Tai Chi 11:15 am – Water Aerobics 1 pm – Latin Cardio 5 pm – Walking Group	8:30 am – Walking Group 10:30 am – SitFit (Hybrid) 5 pm – Walking Group 5:30 pm – What is Wellness? (Hybrid)	8:30 am – Walking Group 11:15 am – Water Aerobics 1 pm – Chair Yoga 5 pm – Walking Group	9 am – Walking Group 9:30 am – Outdoor Walking Group (<u>Sam Houston Park</u>) 10:30 am – Build	
20 8:30 AM – 8:30 PM	21 8:30 AM – 8:30 PM	22 8:30 AM – 8:30 PM	23 8:30 AM – 8:30 PM	24 9:00 AM – 12:00 PM	25 CLOSED
8:30 am – Walking Group 9 am – Gentle Yoga 10:30 am – Light Lifts 5 pm – Walking Group	8:30 am – Walking Group 9 am – Mindful Eating (Hybrid) 10:30 am – Tai Chi 11:15 am – Water Aerobics 1 pm – Latin Cardio 5 pm – Walking Group	8:30 am – Walking Group 10:30 am – SitFit (Hybrid) 5 pm – Walking Group 5:30 pm – Exercising with Diabetes (Hybrid)	8:30 am – Walking Group 11:15 am – Water Aerobics 1 pm – Chair Yoga 5 pm – Walking Group 6 pm – Fitness & Nutrition (Hybrid)	9 am – Walking Group 10:30 am – Build	
27 8:30 AM – 8:30 PM	28 8:30 AM – 8:30 PM	29 8:30 AM – 8:30 PM	30 8:30 AM – 8:30 PM		
8:30 am – Walking Group 9 am – Gentle Yoga 5 pm – Walking Group	8:30 am – Walking Group 9 am – Mindful Eating (Hybrid) 10:30 am – Tai Chi 11:15 am – Water Aerobics 1 pm – Latin Cardio 5 pm – Walking Group	8:30 am – Walking Group 10:30 am – SitFit (Hybrid) 5 pm – Walking Group 5:30 pm – What is Wellness? (Hybrid)	8:30 am – Walking Group 11:15 am – Water Aerobics 1 pm – Chair Yoga 5 pm – Walking Group		



June 2022 Enrichment Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <i>8:30 AM – 8:30 PM</i>	2 <i>8:30 AM – 8:30 PM</i>	3 <i>9:00 AM – 12:00 PM</i>	4 <i>8:30 AM – 12:00 PM</i>
		10:30 am – SitFit (Hybrid) 12:30 pm – Heart Health 6 pm – Drawing	10:30 am – Creative Cooking 5:30 pm – Creative Cooking		9 am – Men’s Bible Study
6 <i>8:30 AM – 8:30 PM</i>	7 <i>8:30 AM – 8:30 PM</i>	8 <i>8:30 AM – 8:30 PM</i>	9 <i>8:30 AM – 8:30 PM</i>	10 <i>9:00 AM – 12:00 PM</i>	11 <i>CLOSED</i>
11 am - Gardening 6 pm – Alcoholics Anonymous	9 am – Mindful Eating (Hybrid) 4 pm – Biblical Counseling	9 am – Diabetes Medication Education 10:30 am – SitFit (Hybrid) 12 pm – Healthy You 1 pm – Financial Literacy 5:30 pm – Exercising with Diabetes (Hybrid) 6 pm – Drawing	10:30 am – Creative Cooking 5:30 pm – Creative Cooking 5:30 pm – Tobacco-Free Lifestyle		
13 <i>8:30 AM – 8:30 PM</i>	14 <i>8:30 AM – 8:30 PM</i>	15 <i>8:30 AM – 8:30 PM</i>	16 <i>8:30 AM – 8:30 PM</i>	17 <i>9:00 AM – 12:00 PM</i>	18 <i>CLOSED</i>
10:30 am – Alone Time with God 11 am - Gardening 6 pm – Alcoholics Anonymous	9 am – Mindful Eating (Hybrid) 4 pm – Biblical Counseling 5:30 pm – Lotería	10:30 am – SitFit (Hybrid) 12:30 pm – Heart Health 5:30 pm – What is Wellness? (Hybrid) 6 pm – Drawing	10:30 am – Creative Cooking 5:30 pm – Creative Cooking		
20 <i>8:30 AM – 8:30 PM</i>	21 <i>8:30 AM – 8:30 PM</i>	22 <i>8:30 AM – 8:30 PM</i>	23 <i>8:30 AM – 8:30 PM</i>	24 <i>9:00 AM – 12:00 PM</i>	25 <i>CLOSED</i>
11 am - Gardening 6 pm – Alcoholics Anonymous	9 am – Mindful Eating (Hybrid) 4 pm – Biblical Counseling	9 am – Hypertension Medication Education 10:30 am – SitFit (Hybrid) 1 pm – Financial Literacy 5:30 pm – Exercising with Diabetes (Hybrid) 6 pm – Drawing	10:30 am – Creative Cooking 4 pm – Mental Health Education 5:30 pm – Creative Cooking 5:30 pm – Tobacco-Free Lifestyle 6 pm – Fitness & Nutrition (Hybrid)		
27 <i>8:30 AM – 8:30 PM</i>	28 <i>8:30 AM – 8:30 PM</i>	29 <i>8:30 AM – 8:30 PM</i>	30 <i>8:30 AM – 8:30 PM</i>		
10:30 am – Alone Time with God 11 am – Gardening 5:30 pm – Healthy Smiles 6 pm – Alcoholics Anonymous	9 am – Mindful Eating (Hybrid) 4 pm – Biblical Counseling 5:30 pm – Bingo	10:30 am – SitFit (Hybrid) 12:30 pm – Heart Health 5:30 pm – What is Wellness? (Hybrid) 6 pm – Drawing	10:30 am – Creative Cooking 5:30 pm – Creative Cooking		