

Riverbank Seniors Fit Camp June 2022 Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
		11am-noon: Hike and Learn walks with Aly	10am-11am: Zumba with Debbie 11:15am-12n: Seniors yoga with Leah	10am-11am: Latin Beats (Zumba Inspired) with Lily		
12	13	14	15	16	17	18
		10am-11am: Light cardio and fitness with Emmanuelle	10am-11am: Zumba with Debbie 11:15am-12n: Seniors yoga with Leah	10am-11am: Latin Beats (Zumba Inspired) with Lily		
19	20	21	22	23	24	25
			10am-11am: Zumba with Debbie 11:15am-12n: Seniors yoga with Leah	11am-noon: Hike and learn walks with Aly		
26	27	28	29	30	1	2
		11am-noon: Hike and Learn walks with Aly	10am-11am: Zumba with Debbie 11:15am-12n: Seniors yoga with Leah			
3	4	Notes				