



# JUNE 2026 FITNESS CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> <b>Summer Session I Week 1</b> 20/20/20 9a-10a Chair Yoga 10:30a-11:15a SS Classic 11:45a - 12:30p	<b>2</b> Fit Over 40 9a-10a SS Classic 10:30a-11:15a Master the Machines 1p-2p SS Classic 2:30p-3:15p	<b>3</b> Stability and Stretch 9a-10a SS Classic 10:30a-11:15a Yoga 5:30p-6:15p	<b>4</b> 20/20/20 9a-10a SS Classic 10:30a-11:15a SS Classic 11:45a-12:30p	<b>5</b>	<b>6</b>
<b>7</b>  <b>CLOSED</b>	<b>8</b> <b>Summer Session I Week 2</b> 20/20/20 9a-10a Chair Yoga 10:30a-11:15a SS Classic 11:45a - 12:30p	<b>9</b> Fit Over 40 9a-10a SS Classic 10:30a-11:15a Master the Machines 1p-2p SS Classic 2:30p-3:15p	<b>10</b> Stability and Stretch 9a-10a SS Classic 10:30a-11:15a Yoga 5:30p-6:15p	<b>11</b> 20/20/20 9a-10a SS Classic 10:30a-11:15a SS Classic 11:45a-12:30p	<b>12</b>	<b>13</b>
<b>14</b>  <b>CLOSED</b>	<b>15</b> <b>Summer Session I Week 3</b> 20/20/20 9a-10a Chair Yoga 10:30a-11:15a SS Classic 11:45a - 12:30p	<b>16</b> Fit Over 40 9a-10a SS Classic 10:30a-11:15a Master the Machines 1p-2p SS Classic 2:30p-3:15p	<b>17</b> Stability and Stretch 9a-10a SS Classic 10:30a-11:15a Yoga 5:30p-6:15p	<b>18</b> 20/20/20 9a-10a SS Classic 10:30a-11:15a SS Classic 11:45a-12:30p	<b>19</b>	<b>20</b>
<b>21</b>  <b>CLOSED</b>	<b>22</b> <b>Summer Session I Week 4</b> 20/20/20 9a-10a Chair Yoga 10:30a-11:15a SS Classic 11:45a - 12:30p	<b>23</b> Fit Over 40 9a-10a SS Classic 10:30a-11:15a Master the Machines 1p-2p SS Classic 2:30p-3:15p	<b>24</b> Stability and Stretch 9a-10a SS Classic 10:30a-11:15a Yoga 5:30p-6:15p	<b>25</b> 20/20/20 9a-10a SS Classic 10:30a-11:15a SS Classic 11:45a-12:30p	<b>26</b>	<b>27</b>
<b>28</b>  <b>CLOSED</b>	<b>29</b> <b>Off Week – No Classes</b>	<b>30</b> <b>Off Week – No Classes</b>				

FLAT ROCK COMMUNITY CENTER RESERVES THE RIGHT TO CHANGE THIS SCHEDULE AS NEEDED.