

## Acton COA Exercise Class Schedule: June 2022

Schedule based on Terri's projected return as of 5/25 and is subject to change

See [www.actoncoa.com](http://www.actoncoa.com) or call the COA at 978-929-6652 for updates

<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
	<i>30</i> /	<i>31</i> 8:30 Sr Fitness 9:45 Active Aging	<i>1</i> 10:00 Yoga	<i>2</i> 8:30 Sr Fitness 9:45 Active Aging 11:00 Tai Chi 3:00 Stretch/Flex	<i>3</i>	<i>4</i>
<i>5</i>	<i>6</i> 11:00 Tai Chi	<i>7</i> 8:30 Sr Fitness 9:45 Active Aging	<i>8</i> 10:00 Yoga	<i>9</i> 8:30 Sr Fitness 9:45 Active Aging 11:00 Tai Chi 3:00 Stretch/Flex	<i>10</i> 9:45 NouVonne Fitness 11:00 Chair Ex.	<i>11</i>
<i>12</i>	<i>13</i> 11:00 Tai Chi	<i>14</i> 8:30 Sr Fitness 9:45 Active Aging	<i>15</i> 10:00 Yoga	<i>16</i> 8:30 Sr Fitness 9:45 Active Aging 11:00 Tai Chi 3:00 Stretch/Flex (tent	<i>17</i> 9:45 NouVonne Fitness 11:00 Chair Ex.	<i>18</i>
<i>19</i>	<i>20</i> /	<i>21</i>	<i>22</i> 8:30 Sr Fitness 10:00 Yoga	<i>23</i> 11:00 Tai Chi prac- tice	<i>24</i> 8:30 Sr Fitness 9:45 NouVonne Fitness 11:00 Chair Ex.	<i>25</i>
<i>26</i>	<i>27</i> 8:30 Active Ag- ing 11:00 Tai Chi	<i>28</i> 8:30 Sr Fitness 9:45 Active Aging	<i>29</i> 8:30 Sr Fitness 10:00 Yoga	<i>30</i> 8:30 Sr Fitness 9:45 Active Aging 11:00 Tai Chi 3:00 Stretch/Flex	<i>July 1</i> 8:30 Sr. Fitness	