

# June 2017

# Chair/Tai Chi Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b>	<b>2</b>	<b>3</b>
	<b>LAC Health &amp; Wellness EXPO June 27<sup>th</sup></b>				10:10am Tai Chi- Emmy	
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	9:00am Chair-Lentha  10:10am Tai Chi- Emmy		9:00am Chair-Lentha  10:10am Tai Chi- Emmy		10:10am Tai Chi- Emmy	
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
	9:00am Chair- Lentha  10:10am Tai Chi- Emmy		9:00am Chair- Lentha  10:10am Tai Chi- Emmy		10:10am Tai Chi- Emmy	
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	9:00am Chair-Lentha  10:10am Tai Chi- Emmy		9:00am Chair-Lentha  10:10am Tai Chi- Emmy		10:10am Tai Chi- Emmy	
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
	9:00am Chair-Lentha  10:10am Tai Chi- Emmy		9:00am Chair- Lentha 10:10am Tai Chi- Emmy		10:10am Tai Chi- Emmy	