



June & July YMCA Classes

June 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 12:00 pm VIRTUAL YOGA	6	7 12:30 pm In-Person HIT/ZUMBA @ COB	8	9	10
11	12 12:00 pm VIRTUAL HIT/ZUMBA	13	14 12:30 pm In-Person YOGA @ COB	15	16	17
18	19 12:00 pm VIRTUAL YOGA	20	21 12:30 pm In-Person HIT/ZUMBA @ Outside by Forest pathway by nursing home	22	23	24
25	26 12:00 pm VIRTUAL HIT/ZUMBA	27	28 12:30 pm In-Person YOGA @ COB	29	30	

July 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 th of July <u>Offices</u> Closed	5 12:00 pm VIRTUAL YOGA	6	7 12:30 pm In-Person HIIT/ZUMBA @ COB	8
9	10 12:00 pm VIRTUAL HIIT/ZUMBA	11	12 12:30 pm In-Person YOGA @ COB	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

You do not have to be on County insurance to join these sessions. All employees can participate!

At the end of the 6 week sessions, Amazon gift cards will be drawn and participants will be notified by email.