

# 2018

# JUNE

## Fitness Calendar

Calendar is subject to change, please call for up to date changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	01	02
03	04 Unconditional Conditioning 6:00p (\$5)	05 *HIIT Speed 7:00a (\$5)	06 Yoga 7:00a (\$5)	07 *HIIT Strength 7:00a (\$5) Yoga 6:00p (\$5)	08	09
10	11 Unconditional Conditioning 6:00p (\$5)	12 *HIIT Speed 7:00a (\$5)	13 Yoga 7:00a (\$5)	14 *HIIT Strength 7:00a (\$5) Yoga 6:00p (\$5)	15	16
17	18 Unconditional Conditioning 6:00p (\$5)	19 *HIIT Speed 7:00a (\$5)	20 Yoga 7:00a (\$5)	21 *HIIT Strength 7:00a (\$5) Yoga 6:00p (\$5)	22	23
24	25	26 *HIIT Speed 7:00a (\$5)	27 Yoga 7:00a (\$5)	28 *HIIT Strength 7:00a (\$5) Yoga 6:00p (\$5)	29	30
01	02	03	04	05	06	07

\*HIIT (High Intensity Interval Training)  
See brochure for age levels

Location: Hasty Community Center Recreation Room  
e-mail: [mmuise@auburnmaine.gov](mailto:mmuise@auburnmaine.gov)

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