




June 2019 Active Adult Calendar

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		YMCA of the SUNCOAST- HERNANDO COUNTY 1300 Mariner Blvd Spring Hill, FL 34609 352-688-9622 www.ymcasuncoast.org				1 7:45- 8:45 Tai Chi 9:00-10:00 Yoga 9:15-10:15 Zumba
2 2:00-4:00 Pickleball 2:30-3:30 Body Flow/Power Yoga	3 30TH ANNIVERSARY OPEN HOUSE 9:15- 10:30 Yoga 9:45- 10:30 Zumba Toning 10:45- 11:45 Circuit 12:00 - 1:00 Classic 12:00 - 12:45 Cardio Dance 6:30- 7:45 Yoga 6:45- 7:45 Zumba	4 5:45- 6:40 Yoga 10:00- 10:30 Meditation 10:00- 11:00 Zumba 10:45- 11:45 Yoga 12:15- 1:15 Belly Dancing 12:00- 1:00 SS Classic 1:10- 2:10 Yoga (Chair) 4:00- 4:50 Tai Chi	5 9:00 - 10:00 Cardio 10:15-11:00 Cardio Lite 12:10- 1:10 Strength Lite 2:00 - 3:00 Ballroom Dance 4:00- 5:00 Chi Kung 7:00 - 8:00 Zumba	6 NATIONAL RUNNING DAY 5:45- 6:40 Yoga 10:00-11:00 Zumba 10:45-11:45 Yoga 11:00-12:00 Zumba Strong 12:00- 1:00 Classic 1:10- 2:10 Yoga (Chair) 7:30- 9:30 Pickleball	7 8:30- 9:30 Zumba Gold 9:45- 10:30 Zumba Toning 10:45-11:45 Yoga 10:45-11:45 Circuit 12:00- 1:00 Classic 12:00-12:45 Cardio Dance	8 7:45- 8:45 Tai Chi 9:00-10:00 Yoga 9:15-10:15 Zumba Y SERVICE PROJECT DAY 8-11AM
9 2:00-4:00 Pickleball 2:30-3:30 Body Flow/Power Yoga	10 9:15- 10:30 Yoga 9:45- 10:30 Zumba Toning 10:45- 11:45 Circuit 12:00- 1:00 Classic 12:00- 12:45 Cardio Dance 12:15- 1:15 Beg Belly Dance 7:00- 8:00 Zumba	11 5:45- 6:40 Yoga 10:00- 10:30 Meditation 10:00- 11:00 Zumba 10:45- 11:45 Yoga 12:15- 1:15 Belly Dancing 12:00- 1:00 SS Classic 1:10- 2:10 Yoga (Chair) 2:00 BOOK CLUB 7:00- 8:00 Zumba	12 9:00-10:00 Cardio 10:15-11:00 Cardio Lite 12:10- 1:10 Strength Lite 2:00 - 3:00 Ballroom Dance 4:00- 5:00 Chi Kung 7:00 - 8:00 Zumba	13 5:45- 6:40 Yoga 10:00-11:00 Zumba 10:45-11:45 Yoga 11:00-12:00 Zumba Strong 12:00- 1:00 SS Classic 1:10- 2:10 Yoga (Chair) 7:30- 9:30 Pickleball	14 FLAG DAY 8:30- 9:30 Zumba Gold 9:45- 10:30 Zumba Toning 10:45-11:45 Yoga 10:45-11:45 Circuit 11:00-1:00 FLAG DAY FIESTA 12:00- 1:00 Classic 12:00-12:45 Cardio Dance	15 7:45- 8:45 Tai Chi 9:00-10:00 Yoga 9:15-10:15 Zumba
16 FATHER'S DAY 2:00-4:00 Pickleball 2:30-3:30 Body Flow/Power Yoga HAPPY FATHER'S DAY TO ALL OF OUR DADS!!	17 EAT YOUR VEGGIES DAY SUMMER WELLNESS CHALLENGE STARTS 9:15- 10:30 Yoga 9:45- 10:30 Zumba Toning 10:45- 11:45 Circuit 12:00- 1:00 Classic 12:00- 12:45 Cardio Dance 2:00 MOVIE MATINEE 7:00- 8:00 Zumba	18 5:45- 6:40 Yoga 10:00- 11:00 Zumba 12:15- 1:15 Belly Dancing 12:00- 1:00 Classic 1:10- 2:10 Yoga (Chair) 4:00- 4:50 Tai Chi 7:00- 8:00 Zumba	19 9:00-10:00 Cardio 10:15-11:00 Cardio Lite 12:10- 1:10 Strength Lite 2:00 - 3:00 Ballroom Dance 4:00- 5:00 Chi Kung 6:45- 7:45 Zumba	20 5:45- 6:40 Yoga 10:00-11:00 Zumba 10:45-11:45 Yoga 11:00-12:00 Zumba Strong 12:00- 1:00 SS Classic 1:10- 2:10 Yoga (Chair) 7:30- 9:30 Pickleball	21 INTERNATIONAL YOGA DAY 8:30- 9:30 Zumba Gold 9:45- 10:30 Zumba Toning 10:45-11:45 Yoga 10:45-11:45 Circuit 12:00- 1:00 Classic 12:00-12:45 Cardio Dance	22 7:45- 8:45 Tai Chi 9:00-10:00 Yoga 9:15-10:15 Zumba
23 NATIONAL PINK DAY 2:00-4:00 Pickleball 2:30-3:30 Body Flow/Power Yoga	24 9:15- 10:30 Yoga 9:45- 10:30 Zumba Toning 10:45- 11:45 Circuit 12:00- 1:00 Classic 12:00- 12:45 Cardio Dance 12:15- 1:15 Beg Belly Dance 7:00- 8:00 Zumba	25 5:45- 6:40 Yoga 10:00- 11:00 Zumba 12:15- 1:15 Belly Dancing 12:00- 1:00 Classic 1:10- 2:10 Yoga (Chair) 4:00- 4:50 Tai Chi 7:00- 8:00 Zumba	26 9:00-10:00 SS Cardio 10:15-11:00 Cardio Lite 12:10- 1:10 Strength Lite 2:00 - 3:00 Ballroom Dance 4:00- 5:00 Chi Kung 7:00- 8:00 Zumba	27 5:45- 6:40 Yoga 10:00-11:00 Zumba 10:45-11:45 Yoga 11:00-12:00 Zumba Strong 12:00- 1:00 Classic 1:10- 2:10 Yoga (Chair) 7:30- 9:30 Pickleball	28 8:30- 9:30 Zumba Gold 9:45- 10:30 Zumba Toning 10:45-11:45 Yoga 10:45-11:45 Circuit 12:00- 1:00 Classic 12:00-12:45 Cardio Dance	29 7:45- 8:45 Tai Chi 9:00-10:00 Yoga 9:15-10:15 Zumba
30 2:00-4:00 Pickleball 2:30-3:30 Body Flow/Power Yoga						



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- 30th ANNIVERSARY** On June 3rd, your Y celebrates 30 years of strengthening the Hernando County Community. In 1989 we opened our doors to the facility to help keep this community active and healthy. Join us throughout the day as we celebrate our members and open our doors to the community. Fun festivities, snacks, games and more will occur throughout the day. Stop by the member service desk to see the schedule of activities!
- BOOK CLUB** Interested in joining a book club? Do you like to read and discuss popular books? Our next meeting is May 14th at 2 pm. A \$20 deposit will be needed to cover the cost of lost or stolen books. The \$20 is refundable at the end of club participation.
- EAT YOUR VEGGIES DAY** Join us in the lobby from 11am-1pm on June 17th as we enjoy some of our favorite vegetables. Dip them in a variety of dips to see which you like the best!!! We will also have some awesome veggie recipes that you can make on your own as well! While supplies last.
- FATHER'S DAY** Happy Father's Day to all our Dads and Granddads out there!! Did you know that Father's Day started at the Y? On June 6, 1910, Father's Day was founded by Sonora Louise Smart at the Spokane YMCA in Washington.
- FLAG DAY FIESTA** Join us on June 14th from 11am-1pm for our Flag Day Fiesta. Enjoy the music, games, fun and of course, top your nachos with your favorite toppings. While supplies last.
- INTERNATIONAL YOGA DAY** Take time today to learn some new moves or practice your yoga moves. We have our 10:45am yoga class on the schedule if you wish to join in and learn something new or to focus and center yourself.
- MOVIE MATINEE** Every third Monday we present a blockbuster movie for your enjoyment. Cost is free. Keep an eye on the front bulletin board for the movie of the month. Be sure to sign up!
- SERVICE PROJECT DAY** The Y celebrates 175 years of service since it started in London, England on June 6, 1844. On June 8th, Y's across the country are planning service projects to celebrate 175 years of service. The service project lasts 175 minutes and we have chosen to renovate and rejuvenate our community garden. Come out and help from 8-11am, or a portion of that time, to help get our garden ready to grow!
- WELLNESS CHALLENGE** Join a team from June 17th-30th and participate in the Summer Wellness Cup Challenge. You will have three different opportunities to earn points for your team. Visit the Y, participate in different activities and tasks or schedule a group opportunity!!!! Which team will take Gold, Silver and Bronze. Sign up at the member service desk to get your colored wristband, team assignment and scorecard.