

June 2019 Class Schedule & Events

1055 N. Hercules Ave. • Clearwater, FL 33765 • 727-461-4054 • www.awilife.org



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Find our page by "searching" in Facebook: Aging & Wellness Institute
Events, Videos, Photos, News, Happenings and more!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 12:00</p>	<p>4 Functional Fitness 9:00,11:00,12:00</p> <p>Yoga 12:00</p> <p>"Tasty Tuesday" Snacks</p>	<p>5 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 10:00</p>	<p>6 Functional Fitness 9:00,11:00,12:00</p> <p>Yoga 11:00-NEW TIME</p>	<p>7 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 10:00</p>
<p>10 Functional Fitness 9:00,11:00,12:00 Enhance Fitness 10:00</p> <p>Yoga 12:00</p> <p>"Nutrition Essentials" Brain Food- 11:00</p>	<p>11 Functional Fitness 9:00,11:00,12:00</p> <p>Yoga 12:00, 5:30</p> <p>"Tasty Tuesday" Dessert Hummus</p>	<p>12 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 10:00</p>	<p>13 Functional Fitness 9:00,11:00,12:00</p> <p>Yoga 11:00-NEW TIME</p> <p>AWI Movie Club 3:00 Vegucated</p>	<p>14 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 10:00</p>
<p>17 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 12:00</p>	<p>18 Functional Fitness 9:00,11:00,12:00</p> <p>"Exercise : Turn Back the Clock" 10:00- Katherine Janus, PhD</p> <p>Yoga 12:00, 5:30</p> <p>"Tasty Tuesday" Dressings & Dips</p>	<p>19 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 10:00</p>	<p>20 Functional Fitness 9:00,11:00,12:00</p> <p>Yoga 11:00-NEW TIME</p> <p>"Your Life ,Your Weigh" Alumni check-in 1:00</p>	<p>21 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 10:00</p>
<p>24 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 12:00</p>	<p>25 Functional Fitness 9:00,11:00,12:00</p> <p>Yoga 12:00, 5:30</p> <p>"Tasty Tuesday" Salsa</p>	<p>26 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 10:00</p>	<p>27 Functional Fitness 9:00,11:00,12:00</p> <p>Yoga 11:00-NEW TIME</p>	<p>28 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 10:00</p>