

# JUNE WORKOUT CALENDAR



Class to Instruct  
 Cardio  
 Strength  
 Outdoors

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Rest	2 2 Mile Run in Neighborhood
3 Wellness Coaching Workout	4 Cardio on Netflix	5 Total Body Conditioning + Fitness Test	6 45 Minutes of Elliptical	7 Total Body Conditioning + Spin	8 Rest	9 3 Mile Interval Run
10 Workout in the Park	11 Practice New Class Routine	12 Total Body Conditioning	13 20 Minute Cardio + 10 Minute Abs	14 Total Body Conditioning + Spin	15 Rest	16 3 Mile Interval Speed Walk
17 Workout in the Park	18 Cardio Dance DVD	19 Total Body Conditioning	20 Walk on the Beach with Mom	21 Total Body Conditioning + Spin	22 Rest	23 2 Mile Run on Trail
24 Workout in	25 Practice N	26 Total Body	27 20 Minute	28 Total Body	29	30 3 Mile