



FITNESS SUMMER SCHEDULE AT WWFHC – INKSTER

2700 HAMLIN BLVD. - INKSTER, MI 48141 – TIME ALL = 6 PM – 7 PM

MONTH	JUNE	JULY	AUGUST
YOGA ON MONDAYS'	4, 11, 18, 25	2, 9, 23, 30	6, 13, 20, 27
ZUMBA ON WEDNESDAYS'	6, 20	11, 25	8, 29
WALKING ON WEDNESDAYS'	13, 27	18	1, 15, 22
OTHER			

- **Wear loose comfortable clothing**
 - **Bring water bottle**
- **Arrive 5 minutes early for Yoga**
 - **FREE !**