

Grand Rapids Parks and Recreation Department—June 2017
Garfield Park Community Gym

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:00 am- Sacred Flow Yoga style fitness class 10:00 am- Summer Coffee and Uno 11:00 am- Walking Club	2	3
4 9:00 am- Stretch & Flex 10:00 am- Walking Club	5 10:00 am- "Summer Heart Health" Mathew Oram MSU student 11:00 am- Walking Club 11:30 am- Active Adults 12:30 pm- Cooking Matters Carla Anderson,YMCA 7:00 pm- Story Time in the Park	6 9:00 am- Stretch & Flex 10:00 am- Walking Club	7 9:00 am- Sacred Flow Yoga style fitness class 10:00 am- Knitting Thursdays: BYOP= Bring your own Projects Margaret Jager 11:00 am- Walking Club	8	9	10
11 9:00 am- Stretch & Flex 10:00 am- Walking Club	12 10:00 am- Area Agency on Aging "Services for Seniors" Stephanie Hecksel, LMSW 11:00 am- Walking Club 11:30 am- Active Adults 12:30 pm- Cooking Matters Carla Anderson,YMCA 7:00 pm- Story Time in the Park	13 9:00 am- Stretch & Flex 10:00 am- Walking Club	14 9:00 am- Scared Flow Yoga style fitness class 10:00 am- June Stroll in the Park 11:00 am- Walking Club	15	16	17
18 9:00 am- Stretch & Flex 10:00 am- Walking Club	19 10:00 am- Dutch Girl Weaving Cindy Koedoot 11:00 am- Walking Club 11:30 am- Active Adults 7:00 pm- Story Time in the Park	20 9:00 am- Stretch & Flex 10:00 am- Walking Club	21 9:00 am- Scared Flow Yoga style fitness class 10:00 am- Bocce Ball 11:00 am- Walking Club	22	23	24
25 9:00 am- Stretch & Flex 10:00 am- Walking Club	26 10:00 am- Game Day: Cribbage 11:00 am- Walking Club 11:30 am- Active Adults 7:00 pm- Story Time in the Park	27 9:00 am- Stretch & Flex 10:00 am- Walking Club	28 9:00 am- Sacred Flow Yoga style fitness class 10:00 am- Book Club: "My Sister's Keeper" Jodi Picoult 11:00 am- Walking Club	29	30	