

TAHOE MOUNTAIN CLUB JUNE WELLNESS MONTH

Instill lifelong habits into your daily routine by utilizing events with an emphasis on self-care, creating healthy patterns and physical and mental well-being.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01	02	03
04	05	06 5:30 pm Family Hip-Hop w/ Truckee Dance Factory	07	08 5:00 pm Yin Yoga & Sound Healing w/ Spirit Rebel Collective	09 4:30 pm Workshop: Easy Ways to Support Your Health Through Nutrition w/ Nourished by Shay	10 10:00 am Intro to Pickleball w/ Megan Marsot
11	12 9:00 am Group Hike Meet Up w/ Hailey Perkins	13 3:00 pm DIY Bath Bar w/ All Fired Up	14	15	16 10:30 am Outdoor Power Hour w/ Michelle Farrell 3:30 pm Workshop: Golf and Low Backs Class w/ Elemental Back & Body	17
18	19 12:00 pm Outdoor Yoga at PJ's w/ Bill Folkmann	20 3:30 pm Aqua Fit w/ Kendra Borden	21	22 5:00 pm Workshop: Intro to Meditation & Mindfulness w/ Spirit Rebel Collective	23 5:00 pm Dance Cardio w/ Michelle Farrell 9:00 pm Stargazing w/ Tahoe Star Tours	24 9:00 am Intro to Foam Rolling w/ Kendra Borden
25	26 9:00 am Group Trail Run Meet Up w/ Kaili Keefe 12:00 pm Outdoor Yoga at PJ's w/ Bill Folkmann	27 3:30 pm Aqua Fit w/ Kendra Borden	28	29	30 5:00 pm Glow Up: A Disco Workout w/ Michelle Farrell	01



Fine Print: RSVP on the Member Site. Classes free of charge unless noted, Classes open to Members only. Guests allowed only with written permission,

