

June



The Ultimate Hand for Health

2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>5:30 AM – Rise30*</p> <p>7:00 AM – Burn30*</p> <p>5:30 PM – The Canton Climb Walking Club**@</p>	<p>2</p> <p>6:15 AM - Burn30*</p> <p>5:30 PM - Strong30**</p>	<p>3</p> <p>5:30 AM - Rise30*</p> <p>7:00 AM - Burn 30*</p>	<p>4</p> <p>6:15 AM - Burn30*</p> <p>5:30 PM - Strong30**</p>	<p>5</p> <p>7:00 AM - Burn30*</p>	<p>6</p> <p>8:00 AM - Circuit +TRX**</p>
<p>8</p> <p>5:30 AM – Rise30*</p> <p>7:00 AM – Burn30*</p> <p>5:30 PM – The Canton Climb Walking Club**@</p>	<p>9</p> <p>6:15 AM - Burn30*</p> <p>5:30 PM - Strong30**</p>	<p>10</p> <p>5:30 AM - Rise30*</p> <p>7:00 AM - Burn 30*</p> <p>6:00 PM – Sunset Sip +Self-Care Pilates Sculpt#</p>	<p>11</p> <p>6:15 AM - Burn30*</p> <p>5:30 PM - Strong30**</p>	<p>12</p> <p>7:00 AM - Burn 30*</p>	<p>13</p> <p>8:00 AM - Circuit +TRX**</p>
<p>15</p> <p>5:30 AM – Rise30*</p> <p>7:00 AM – Burn30*</p> <p>5:30 PM – The Canton Climb Walking Club**@</p>	<p>16</p> <p>6:15 AM - Burn30*</p> <p>5:30 PM - Strong30**</p>	<p>17</p> <p>5:30 AM - Rise30*</p> <p>7:00 AM - Burn 30*</p> <p>6:00 PM – Pelvic Floor, Posture & Pilates#</p>	<p>18</p> <p>6:15 AM - Burn30*</p> <p>5:30 PM - Strong30**</p>	<p>19</p> <p>7:00 AM - Burn 30*</p>	<p>20</p> <p>8:00 AM - Circuit +TRX**</p>
<p>22</p> <p>5:30 AM – Rise30*</p> <p>7:00 AM – Burn30*</p> <p>5:30 PM – The Canton Climb Walking Club**@</p>	<p>23</p> <p>6:15 AM - Burn30*</p> <p>5:30 PM - Strong30**</p>	<p>24</p> <p>5:30 AM - Rise30*</p> <p>7:00 AM - Burn 30*</p>	<p>25</p> <p>6:15 AM - Burn30*</p> <p>5:30 PM - Strong30**</p>	<p>26</p> <p>7:00 AM - Burn 30*</p>	<p>27</p> <p>8:00 AM - Circuit +TRX**</p>
<p>29</p> <p>5:30 AM – Rise30*</p> <p>7:00 AM – Burn30*</p> <p>5:30 PM – The Canton Climb Walking Club**@</p>	<p>30</p> <p>6:15 AM - Burn30*</p> <p>5:30 PM - Strong30**</p>	<p>*Women’s Strength</p> <p>**Co-ed</p> <p>#Pop Up Event</p> <p>@Meet at McKinley Monument (bottom of steps)</p>		<p>VOLUNTEERS NEEDED:</p> <p>Sunday, June 14th Water Station Crew (see Wendy)</p> <p>Sunday, August 23rd Water Station Crew (see Wendy)</p>	