



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	LOCATIONS
1	2 Aqua Fitness 5 pm at Aquatic Practice Facility  Open Swim 6-8 pm at Aquatic Practice Facility	3  Mental Health: Tuesday Talk 2-2:30 pm	4 Wellness Wednesday 8 am  Line Dancing 5:45 pm at Wheeler Fieldhouse	5	6 Aqua Fitness 11 am at Don Cook  Open Swim 9- 12 pm at Don Cook	7	<b>Aquatic Practice Facility:</b> 16701 Bissonnet St. Houston TX, 77083  <b>Don Cook Natatorium:</b> 16255 Lexington Blvd, Sugarland TX 77479  <b>Wheeler Field House:</b> 16403 Lexington Blvd, Sugarland TX 77479  <b>Wellness Wednesdays:</b> <a href="#">Click Here to Join!</a>  <b>Tuesday Talk:</b> <a href="#">Click Here to Join!</a>  <b>WELLNESS EVENTS</b>  <b>Men's Health Event- June 2025</b>  <b>FBISD Wellness Around the World Challenge</b>
8	9 Aqua Fitness 5 pm at Aquatic Practice Facility  Open Swim 6-8 pm at Aquatic Practice Facility	10  Mental Health: Tuesday Talk 2-2:30 pm	11 Wellness Wednesday 8 am  Line Dancing 5:45 pm at Wheeler Fieldhouse	12	13 Aqua Fitness 11 am at Don Cook  Open Swim 9- 12 pm at Don Cook	14	
15	16 Aqua Fitness 5 pm at Aquatic Practice Facility  Open Swim 6-8 pm at Aquatic Practice Facility	17  Mental Health: Tuesday Talk 2-2:30 pm	18 Wellness Wednesday 8 am  Line Dancing 5:45 pm at Wheeler Fieldhouse	19	20 Aqua Fitness 11 am at Don Cook  Open Swim 9- 12 pm at Don Cook	21	
22	23 Aqua Fitness 5 pm at Aquatic Practice Facility  Open Swim 6-8 pm at Aquatic Practice Facility	24  Mental Health: Tuesday Talk 2-2:30 pm	25 Wellness Wednesday 8 am  Line Dancing 5:45 pm at Wheeler Fieldhouse	26	27 Aqua Fitness 11 am at Don Cook  Open Swim 9- 12 pm at Don Cook	28	
29	30 Aqua Fitness 5 pm at Aquatic Practice Facility  Open Swim 6-8 pm at Aquatic Practice Facility	1	2	3	4	5	

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		Closed for Summer Holiday					
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							<b>FBISD Wellness Around the World Challenge</b>