

August 2019

FITNESS, DANCE AND EXERCISE SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

August 2019							September 2019						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
4	5	6	7	8	9	10	1	2	3	4	5	6	7
11	12	13	14	15	16	17	8	9	10	11	12	13	14
18	19	20	21	22	23	24	15	16	17	18	19	20	21
25	26	27	28	29	30	31	22	23	24	25	26	27	28

	Monday	Tuesday	Wednesday	Thursday	Friday
Jul 29 - Aug 2	Jul 29	30	31	Aug 1	2
				Tai Chi w/Dan Cancelled 9:00am Yoga w/Maria	9:00am Pump It Up 10:30am Shaping Up - Sitting Down 1:00pm Total Body Solution w/Suzanne 2:00pm Stronger Seniors Strength - DVD Led
Aug 5 - 9	5	6	7	8	9
	9:00am Pump it Up 10:30am Shaping Up - Sitting Down 1:00pm Core Fitness Chair Exercise - DVD Led	9:30am Tai Chi Chih w/Dan 11:00am Balance & Flexibilty w/Nicole 1:00pm Zumba Gold w/Suzanne	9:00am Pump It Up W/Maria 1:00pm Total Body Solution w/Suzanne	9:00am Yoga w/Maria 10:30am Tai Chi Chih w/Dan	9:00am Pump It Up 10:30am Shaping Up - Sitting Down 1:00pm Total Body Solution w/Suzanne 2:00pm Stronger Seniors Strength - DVD Led
Aug 12 - 16	12	13	14	15	16
	9:00am Rock the Walk - DVD Led 10:30am Chair Yoga - DVD Led 1:00pm Core Fitness Chair Exercise - DVD Led	9:30am Tai Chi Chih w/Dan 11:00am Balance & Flexibilty w/Nicole 1:00pm Baila - DVD Led	Classes w/Suzanne Cancelled 9:00am Pump It Up W/Maria 1:00pm Chair Yoga - DVD Led	9:00am Yoga w/Maria 10:30am Tai Chi Chih w/Dan	9:00am Rock the Walk - DVD Led 10:30am Chair Yoga - DVD Led 1:00pm Core Fitness Chair Exercise - DVD Led 2:00pm Stronger Seniors Strength - DVD Led
Aug 19 - 23	19	20	21	22	23
	9:00am Pump it Up 10:30am Shaping Up - Sitting Down 1:00pm Core Fitness Chair Exercise - DVD Led	9:30am Tai Chi Chih w/Dan 11:00am Balance & Flexibilty w/Nicole 1:00pm Zumba Gold w/Suzanne	9:00am Pump It Up W/Maria 1:00pm Total Body Solution w/Suzanne	9:00am Yoga w/Maria 10:30am Tai Chi Chih w/Dan	9:00am Pump It Up 10:30am Shaping Up - Sitting Down 1:00pm Total Body Solution w/Suzanne 2:00pm Stronger Seniors Strength - DVD Led
Aug 26 - 30	26	27	28	29	30
					All Classes Cancelled