

August 2017

FITNESS, DANCE AND EXERCISE SCHEDULE

(SUBJECT TO CHANGE WITHOUT NOTICE)

August 2017						
Su	Mo	Tu	We	Th	Fr	Sa
6	7	1	2	3	4	5
13	14	8	9	10	11	12
20	21	15	16	17	18	19
27	28	22	23	24	25	26
		29	30	31		

September 2017						
Su	Mo	Tu	We	Th	Fr	Sa
3	4	5	6	7	1	2
10	11	12	13	14	8	9
17	18	19	20	21	15	16
24	25	26	27	28	22	23
					29	30

	Monday	Tuesday	Wednesday	Thursday	Friday
	Jul 31	Aug 1	2	3	4
Jul 31 - Aug 4		9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne Class Cancelled - Video Available	9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	Please Note: Suzanne's Classes Cancelled Videos Available 9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
	7	8	9	10	11
Aug 7 - 11	Please Note: Suzanne's Classes Cancelled Videos Available 9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne Class Cancelled - Video Available	9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne Class Cancelled - Video Available	9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	Please Note: Suzanne's Classes Cancelled Video Available 9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
	14	15	16	17	18
Aug 14 - 18	9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne Class Cancelled - Video Available	9:00am Pump it Up w/Maria 11:00am "Shoulder Pain" w/ Ron Artz, P.T. 1:00pm Total Body Solution w/Suzanne	9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
	21	22	23	24	25
Aug 21 - 25	9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne Class Cancelled - Video Available	9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	9:00am Yoga w/ Maria	9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
	28	29	30	31	Sep 1
Aug 28 - Sep 1	9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne Class Cancelled - Video Available	9:00am Pump it Up w/Maria - Class Cancelled Video Available 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	10:30am Tai Chi Chih w/Dan	