

July 2018

FITNESS, DANCE, AND EXERCISE SCHEDULE

(SUBJECT TO CHANGE WITHOUT NOTICE)

July 2018

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

August 2018

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Jul 2 - 6	Jul 2	3	4	5	6
		9:30am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa	Independence Day Municipal Offices & Senior Center Closed	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
Jul 9 - 13	9	10	11	12	13
		9:30am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa	9:00am Pump it Up w/Maria	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
Jul 16 - 20	16	17	18	19	20
	9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	9:30am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa	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 w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
Jul 23 - 27	23	24	25	26	27
	9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	11:00am Yoga Stretch w/Lisa	9:00am Pump it Up w/Maria 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
Jul 30 - Aug 3	30	31	Aug 1	2	3
	9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	11:00am Yoga Stretch w/Lisa			