


Health & Wellness

August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
7	8	9	10	11
8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
14	15	16	17	18
8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
21	22	23	24	25
8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
28	29	30	31	
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