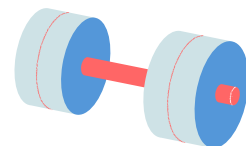
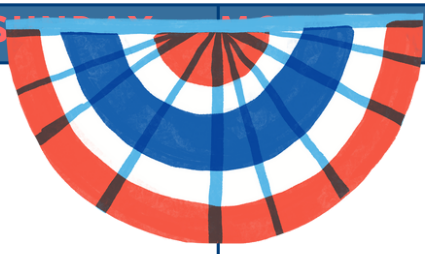




JULY

Fitness



SUNDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 9 am Water Aerobics	3 10 am Fit & Fall Proof 11:30 am Chair Yoga & Meditation	4 10 am Hot Hula Fitness (Dance) w/ Melissa	5 10:30 am YouTube Sit & Fit
6	7 9 am Water Aerobics 11:30 am Chair Yoga	8 9am Fit & Fall Proof See you at the pool next Tues.	9 9 am Water Aerobics	10 10 am Fit & Fall Proof	11	12 9-10 am Gentle Flow w/ Robin 10:30 am YouTube Sit & Fit
13	14 9 am Water Aerobics 10:30 am Chair Yoga *Earlier time	15 9am Fit & Fall Proof 10 am Aqua Fitness	16 9 am Water Aerobics 10 am Open Gym Coaching	17 10 am Fit & Fall Proof 11:30 am Chair Yoga & Meditation	18	19 9-10 am Gentle Flow w/ Robin 10 am Silver Sneakers
20	23 9 am Water Aerobics 11:30 am Chair Yoga	24 9am Fit & Fall Proof 10 am Aqua Fitness	25 9 am Water Aerobics	26 10 am Fit & Fall Proof 11:30 am Chair Yoga & Meditation	27	28 9-10 am Gentle Flow w/ Robin 10:30 am YouTube Sit & Fit
27	28 11:30 am Chair Yoga	29 9am Fit & Fall Proof 10 am Aqua Fitness	30 9 am Water Aerobics	31 10 am Fit & Fall Proof 11:30 am Chair Yoga & Meditation		