



# August Fitness



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 9-10 am Chair Yoga w/ Robin 10:30 am YouTube Sit & Fit
3	4 9 am Water Aerobics  11:30 am Chair Yoga	5 10 am Aqua Fitness	6 9 am Water Aerobics	7 11:30 am Aqua Fitness	8	9 9-10 am Chair Yoga w/ Robin 10:30 am YouTube Sit & Fit
10	11 9 am Water Aerobics  11:30 am Chair Yoga	12 10 am Aqua Fitness	13 9 am Water Aerobics  10 am Open Gym Coaching	14 11:30 am Chair Yoga & Meditation	15	16 10:30 am YouTube Sit & Fit
17	18 9 am Water Aerobics  11:30 am Chair Yoga	19 9am Fit & Fall Proof 10 am Aqua Fitness	20 9 am Water Aerobics  10 am Open Gym Coaching	21 10 am Fit & Fall Proof 11:30 am Chair Yoga & Meditation	22	23 9-10 am Chair Yoga w/ Robin  10:30 am YouTube Sit & Fit
24	25 9 am Water Aerobics  11:30 am Chair Yoga	26 9am Fit & Fall Proof 10 am Aqua Fitness	27 9 am Water Aerobics	28 10 am Fit & Fall Proof 11:30 am Chair Yoga & Meditation	29	30 9-10 am Chair Yoga w/ Robin  10:30 am YouTube Sit & Fit
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