




GROUP FITNESS

SPORTS OF ALL SORTS



AUGUST - 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:30 - 10:20 (Toni) SENIOR'S YOGA	2 9:30-10:25am (Angi) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30-7:25pm (Karin) BURN & BLAST	3 6:30pm-7:15 (Karin) BUTTS & GUTS	4 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Toni) SilverSneakers Classic	5 BOOT CAMP 10:00am Fitness Center (KARIN)
	6	7 9:30-10:25 (Karin) Senior Strength & Cond. 10:45-11:40am (Angi) SilverSneakers Classic 6:30 - 7:30 (Jeannine) STRONG - By: Zumba!	8 9:30-10:20am (Toni) SENIOR'S YOGA	9 9:30-10:25am (Angi) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30-7:25pm (TONI) YOGA	10 6:30pm-7:15 (Karin) BUTTS & GUTS	11 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Toni) SilverSneakers Classic
13	14 9:30-10:25am (Karin) Senior Strength & Cond. 10:45 - 11:40 (Angi) SilverSneakers Classic 6:30 - 7:30 (WES) POUND!	15 9:30-10:20am (Toni) SENIOR'S YOGA	16 9:30-10:25am (Angi) Senior Strength & Cond. 10:45-11:40am (ANGI) SilverSneakers Classic 6:30pm-7:15 (Karin) BURN & BLAST	17 6:30pm-7:15 (Karin) BUTTS & GUTS	18 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (LISA) SilverSneakers Classic	19 BOOT CAMP 10:00am Fitness Center (Karin)
20	21 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Angi) SilverSneakers Classic 6:30 - 7:30 (Jeannine) STRONG - By: Zumba!	22 9:30-10:20am (Toni) SENIOR'S YOGA	23 9:30-10:25am (Angi) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30-7:25pm (TONI) YOGA	24 POUND w/ WES !!! 6:30pm-7:30 <i>Be prepared to sweat.</i>	25 9:30-10:25am (TONI) Senior Strength & Cond. 10:45-11:40am (LISA) SilverSneakers Classic	26
27	28 9:30-10:25am (TONI) Senior Strength & Cond. 10:45-11:40 (Angi) SilverSneakers Classic 6:30-7:30 pm (Jeannine) STRONG - By: ZUMBA	29 9:30-10:20 (Toni) SENIOR'S YOGA	30 9:30-10:25 (Angi) Senior Strength & Cond. 10:45-11:40 (Lisa) SilverSneakers Classic 6:30-7:15 (Karin) BURN & BLAST	31 6:30 - 7:15 (Karin) BUTTS & GUTS	