



GROUP FITNESS

SPORTS OF ALL SORTS



AUGUST ~ 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8:30 - 9:20 (Stacey) Senior Strength PLUS + 9:30 - 10:20 (Amy) Senior-FIT 10:30-11:20 (Angi) Silver Sneaker's Classic	2 10:00 - 10:30 (Lisa) Silver Sneakers Stability 10:40-11:30 (Lisa) DANCE-FIT	3 8:30-9:20 (ANGI) Senior Strength PLUS+ 9:30-10:20 (Amy) Senior-Fit 10:30 - 11:20 (Toni) SilverSneakers Classic	4
5	6 8:30 - 9:20 (Angi) Senior Stregth PLUS + 9:30 - 10:20 (Angi) Senior-Fit 10:30-11:20 (Toni) Silver Sneaker's Classic NO p.m. class today!	7 9:30-10:20 (Toni) Silver Sneakers Yoga 10:40-11:30 (Lisa) DANCE-FIT	8 8:30 - 9:20 (LISA) Senior Strength PLUS + 9:30 - 10:20 (Amy) Senior-FIT 10:30-11:20 (Angi) Silver Sneaker's Classic	9 10:00 - 10:30 (Lisa) Silver Sneakers Stability 10:40-11:30 (Lisa) DANCE-FIT	10 8:30-9:20 (Stacey) Senior Strength PLUS+ 9:30-10:20 (Amy) Senior-Fit 10:30 - 11:20 (Toni) SilverSneakers Classic	11
12 	13 8:30 - 9:20 (Angi) Senior Stregth PLUS + 9:30 - 10:20 (Lisa) Senior-Fit 10:30-11:20 (Toni) Silver Sneaker's Classic 6:30 - 7:25 (Lisa) DANCE-FIT	14 9:30-10:20 (Toni) Silver Sneakers Yoga 10:40-11:30 (Lisa) DANCE-FIT	15 8:30-9:20 (ANGI) Senior Strength PLUS + 9:30 - 10:20 (Amy) Senior-FIT 10:30-11:20 (Angi) Silver Sneaker's Classic	16 NO CLASSES THIS DAY	17 8:30-9:20 (ANGI) Senior Strength PLUS+ 9:30-10:20 (Amy) Senior-Fit 10:30 - 11:20 (Toni) SilverSneakers Classic	18
19	20 8:30 - 9:20 (Angi) Senior Stregth PLUS + 9:30 - 10:20 (Lisa) Senior-Fit 10:30-11:20 (Toni) Silver Sneaker's Classic 6:30 - 7:25 (JEANNINE) STRONG !!	21 9:30-10:20 (Toni) Silver Sneakers Yoga 10:40-11:30 (Lisa) DANCE-FIT	22 8:30-9:20 (Stacey) Senior Strength PLUS + 9:30 - 10:20 (Amy) Senior-FIT 10:30-11:20 (Angi) Silver Sneaker's Classic	23 10:00 - 10:30 (Lisa) Silver Sneakers Stability 10:40-11:30 (Lisa) DANCE-FIT	24 8:30-9:20 (Stacey) Senior Strength PLUS+ 9:30-10:20 (Amy) Senior-Fit 10:30 - 11:20 (Toni) SilverSneakers Classic	25
26	27 8:30 - 9:20 (Angi) Senior Stregth PLUS + 9:30 - 10:20 (Lisa) Senior-Fit 10:30-11:20 (Lisa) Silver Sneaker's Classic 6:30 - 7:25 (Stacey) HIIT CARDIO	28 9:30-10:20 (Toni) Silver Sneakers Yoga 10:40-11:30 (Lisa) DANCE-FIT	29 8:30-9:20 (Stacey) Senior Strength PLUS + 9:30 - 10:20 (Amy) Senior-FIT 10:30-11:20 (Angi) Silver Sneaker's Classic	30 10:00 - 10:30 (Lisa) Silver Sneakers Stability 10:40-11:30 (Lisa) DANCE-FIT	31 8:30-9:20 (Stacey) Senior Strength PLUS+ 9:30-10:20 (Amy) Senior-Fit 10:30 - 11:20 (Toni) SilverSneakers Classic	