



GROUP FITNESS

SPORTS OF ALL SORTS



AUGUST 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NEW IN AUGUST 2022! T'AI CHI WITH AMY 12-Aug 26-Aug 8:45-9:15AM	1	2	3	4	5	6
		9:30-10:15		9:30-10:15		
	9:30 - 10:15	CARDIO-DANCE	9:30 - 10:15	CARDIO DRUMMING	9:30 - 10:15	
	Senior-FIT	AMY	CIRCUIT	AMY	Senior-FIT	
	AMY	10:30-11:15	10:30 - 11:15	10:30-11:15	AMY	
	10:30-11:15	SILVER SNEAKERS YOGA	Silver Sneaker's Classic	SILVER SNEAKERS YOGA	10:30-11:15	
	Silver Sneaker's Classic	TONI	AMY	TONI	Silver Sneaker's Classic	
	TONI				TONI	
7	8	9	10	11	12	13
		9:30-10:15		9:30-10:15	NEW! TAI CHI-AMY	
PLEASE NOTE:	9:30 - 10:15	CARDIO DRUMMING	9:30 - 10:15	CARDIO-DANCE	8:45-9:15AM	
THIS THURSDAY	Senior-FIT	AMY	CIRCUIT	AMY	Senior-FIT	
10:30am	AMY	10:30-11:15	10:30 - 11:15	10:30-11:15	9:30 - 10:15	
STRETCH/PILATES	10:30-11:15	SILVER SNEAKERS YOGA	Silver Sneaker's Classic	STRETCH/PILATES	AMY	
WITH AMY!	Silver Sneaker's Classic	TONI	AMY	AMY	10:30-11:15	
	TONI				Silver Sneaker's Classic	
					TONI	
14	15	16	17	18	19	20
		9:30-10:15		9:30-10:15		
	9:30 - 10:15	CARDIO-DANCE	9:30 - 10:15	CARDIO DRUMMING	9:30 - 10:15	
	Senior-FIT	AMY	CIRCUIT	AMY	Senior-FIT	
	AMY	10:30-11:15	10:30 - 11:15	10:30-11:15	AMY	
	10:30-11:15	SILVER SNEAKERS YOGA	Silver Sneaker's Classic	SILVER SNEAKERS YOGA	10:30-11:15	
	Silver Sneaker's Classic	TONI	AMY	TONI	Silver Sneaker's Classic	
	TONI				TONI	
21	22	23	24	25	26	27
		9:30-10:15		9:30-10:15	NEW! TAI CHI-AMY	
	9:30 - 10:15	CARDIO DRUMMING	9:30 - 10:15	CARDIO-DANCE	8:45-9:15AM	
	Senior-FIT	AMY	CIRCUIT	AMY	9:30 - 10:15	
	AMY	10:30-11:15	10:30 - 11:15	10:30-11:15	Senior-FIT	
	10:30-11:15	SILVER SNEAKERS YOGA	Silver Sneaker's Classic	SILVER SNEAKERS YOGA	AMY	
	Silver Sneaker's Classic	TONI	AMY	TONI	10:30-11:15	
	TONI				Silver Sneaker's Classic	
					TONI	
28	29	30	31			
		9:30-10:15				
	9:30 - 10:15	CARDIO-DANCE	9:30 - 10:15			
	Senior-FIT	AMY	CIRCUIT			
	AMY	10:30-11:15	10:30 - 11:15			
	10:30-11:15	SILVER SNEAKERS YOGA	Silver Sneaker's Classic			
	Silver Sneaker's Classic	TONI	AMY			
	TONI					