



# GROUP FITNESS

## SPORTS OF ALL SORTS



JULY~ 2019						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 8:30 - 9:20 (Stacey) <b>Senior Strength PLUS +</b> 9:30 - 10:20 (Angi) <b>Senior-Fit</b> 10:30-11:15(Angi) <b>Silver Sneaker's Classic</b>	<b>2</b> 9:00-9:50 (Toni) <b>Silver Sneaker's YOGA</b> 10:00-10:50 (Lisa) <b>DANCE-FIT</b> 11:00-11:45 (Angi) <b>MINDFUL Stretch &amp; Tone</b>	<b>3</b> 8:30-9:20 (Stacey) <b>Senior CIRCUIT</b> 9:30 - 10:20 (Lisa) <b>Senior-FIT</b> 10:30-11:20 (Lisa) <b>Silver Sneaker's Classic</b>	<b>4</b> <b>CLOSED</b>  Enjoy a safe and <b>Happy 4th of July!</b>	<b>5</b> 8:30-9:20 (Amy) <b>Senior Strength PLUS +</b> 9:30-10:20 (Amy) <b>Senior-Fit</b> 10:30 - 11:20 (Toni) <b>SilverSneakers Classic</b>	<b>6</b> 
<b>7</b> 	<b>8</b> 8:30 - 9:20 (Stacey) <b>Senior Strength PLUS +</b> 9:30 - 10:20 (Angi) <b>Senior-Fit</b> 10:30-11:15 (Lisa) <b>Silver Sneaker's Classic</b> <b>SR. FIELD TRIP DAY!</b>	<b>9</b> 9:00-9:50 (Toni) <b>Silver Sneaker's YOGA</b> 10:00-10:50 (Lisa) <b>DANCE-FIT</b> 11:00-11:45 (Angi) <b>MINDFUL Stretch &amp; Tone</b>	<b>10</b> 8:30 - 9:20 (Stacey) <b>Senior CIRCUIT</b> 9:30 - 10:20 (Lisa) <b>Senior-FIT</b> 10:30-11:20 (Angi) <b>Silver Sneaker's Classic</b>	<b>11</b> 9:00-9:50 (Toni) <b>Silver Sneaker's YOGA</b> 10:00-10:50 (Amy) <b>BARRE</b> 11:00-11:50 (Lisa) <b>DANCE-FIT</b>	<b>12</b> 8:30-9:20 (Amy) <b>Senior Strength PLUS +</b> 9:30-10:20 (Amy) <b>Senior-Fit</b> 10:30 - 11:20 (Toni) <b>SilverSneakers Classic</b>	<b>13</b>
<b>14</b>	<b>15</b> 8:30 - 9:20 (Stacey) <b>Senior Strength PLUS +</b> 9:30 - 10:20 (Angi) <b>Senior-Fit</b> 10:30-11:20 (Angi) <b>Silver Sneaker's Classic</b>	<b>16</b> 9:00-9:50 (Toni) <b>Silver Sneaker's YOGA</b> 10:00-10:50 (Lisa) <b>DANCE-FIT</b> 11:00-11:45 (LISA) <b>MINDFUL Stretch &amp; Tone</b>	<b>17</b> 8:30-9:20 (Stacey) <b>Senior CIRCUIT</b> 9:30 - 10:20 (Lisa) <b>Senior-FIT</b> 10:30-11:20 (Lisa) <b>Silver Sneaker's Classic</b>	<b>18</b> 9:00-9:50 (Toni) <b>Silver Sneaker's YOGA</b> 10:00-10:50 (Amy) <b>BARRE</b> 11:00-11:50 (Lisa) <b>DANCE-FIT</b>	<b>19</b> 8:30-9:20 (Stacey) <b>Senior Strength PLUS +</b> 9:30-10:20 (Stacey) <b>Senior-Fit</b> 10:30 - 11:20 (Toni) <b>SilverSneakers Classic</b>	<b>20</b>
<b>21</b>	<b>22</b> 8:30 - 9:20 (Stacey) <b>Senior Strength PLUS +</b> 9:30 - 10:20 (Angi) <b>Senior-Fit</b> 10:30-11:15 (Angi) <b>Silver Sneaker's Classic</b> <b>SR. Lunch &amp; Learn Day</b>	<b>23</b> 9:00-9:50 (Toni) <b>Silver Sneaker's YOGA</b> 10:00-10:50 (Lisa) <b>DANCE-FIT</b> 11:00-11:45 (Angi) <b>MINDFUL Stretch &amp; Tone</b>	<b>24</b> 8:30 - 9:20 (Stacey) <b>Senior CIRCUIT</b> 9:30 - 10:20 (Lisa) <b>Senior-FIT</b> 10:30-11:20 (Lisa) <b>Silver Sneaker's Classic</b>	<b>25</b> 9:00-9:50 (Toni) <b>Silver Sneaker's YOGA</b> 10:00-10:50 (Amy) <b>BARRE</b>	<b>26</b> 8:30-9:20 (Amy) <b>Senior Strength PLUS +</b> 9:30-10:20 (Amy) <b>Senior-Fit</b> 10:30 - 11:20 (Toni) <b>SilverSneakers Classic</b>	<b>27</b>
<b>28</b>	<b>29</b> 8:30 - 9:20 (Stacey) <b>Senior Strength PLUS +</b> 9:30 - 10:20 (Angi) <b>Senior-Fit</b> 10:30-11:15 (Angi) <b>Silver Sneaker's Classic</b>	<b>30</b> 9:00-9:50 (Toni) <b>Silver Sneaker's YOGA</b> 10:00-10:50 (Lisa) <b>DANCE-FIT</b> 11:00-11:45 (Angi) <b>MINDFUL Stretch &amp; Tone</b>	<b>31</b> <b>SUMMER BEACH PARTY</b> <b>9:00-10:15!!</b> <b>Beach Themed Workout</b> <b>STR/Cardio/Balance/FUN</b> 10:30-11:20 (Angi/Lisa) <b>Silver Sneaker's Classic</b>			