



GROUP FITNESS

SPORTS OF ALL SORTS



AUGUST 2021						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 PLEASE SIGN UP IN ADVANCE FOR DRUMMING CLASS! SPACE IS LIMITED!	2 9:30 - 10:15 Senior-FIT 10:30-11:15 Silver Sneaker's Classic AMY	3 	4 9:30 - 10:15 Senior-FIT 10:30-11:15 Silver Sneaker's Classic AMY	5 CHAIR PILATES! 9:30 -10:00 AMY CARDIO DRUMMING! 10:00-10:30AM	6 9:30 - 10:15 Senior-FIT 10:30-11:15 Silver Sneaker's Classic AMY	7
8	9 9:30 - 10:15 Senior-FIT 10:30-11:15 Silver Sneaker's Classic AMY	10	11 9:30 - 10:15 Senior-FIT 10:30 - 11:15 Silver Sneakers Classic AMY	12 CHAIR PILATES! 9:30 -10:00 AMY CARDIO DRUMMING! 10:00-10:30AM	13 9:30 - 10:15 Senior-FIT 10:30 - 11:15 Silver Sneakers Classic AMY	14
15	16 9:30 - 10:15 Senior-FIT 10:30-11:15 Silver Sneaker's Classic AMY	17	18 9:30 - 10:15 Senior-FIT 10:30 - 11:15 Silver Sneakers Classic AMY	19 CHAIR PILATES! 9:30 -10:00 AMY CARDIO DRUMMING! 10:00-10:30AM	20 9:30 - 10:15 Senior-FIT 10:30-11:15 Silver Sneaker's Classic AMY	21
22	23 9:30 - 10:15 Senior-FIT 10:30-11:15 Silver Sneaker's Classic AMY	24	25 9:30 - 10:15 Senior-FIT 10:30 - 11:15 Silver Sneakers Classic AMY	26 CHAIR PILATES! 9:30 -10:00 AMY CARDIO DRUMMING! 10:00-10:30AM	27 9:30 - 10:15 Senior-FIT 10:30-11:15 Silver Sneaker's Classic AMY	28
29	30 9:30 - 10:15 Senior-FIT 10:30-11:15 Silver Sneaker's Classic AMY	31				