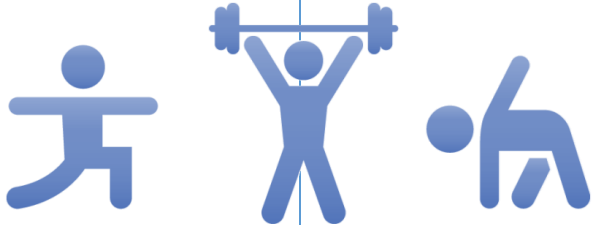



# Health & Wellness

# July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
				<b>1</b> <b>9:30am</b> Line Dancing <b>11:00am</b> Balance & Strength* <b>12:15pm</b> Balance & Strength*
 <b>4</b>	<b>5</b> <b>9:30am</b> Zumba Gold <b>10:30am</b> Ballet Barre <b>5:30pm</b> Zumba	<b>6</b> <b>8:30am</b> Zumba Toning <b>10:00am</b> Active Aging Strength <b>11:00am</b> Balance & Strength* <b>12:15pm</b> Balance & Strength* <b>3:30pm</b> Line Dancing <b>5:00pm</b> Yoga	<b>7</b> <b>8:15am</b> Easy Pace <b>9:30am</b> Zumba Gold <b>10:30am</b> Ballet Barre <b>11:45am</b> Chair Yoga <b>4:00pm</b> Restorative Yoga <b>5:30pm</b> Zumba	<b>8</b> <b>9:30am</b> Line Dancing <b>11:00am</b> Balance & Strength* <b>12:15pm</b> Balance & Strength*
<b>11</b> <b>8:15am</b> Easy Pace <b>10:00am</b> Line Dancing <b>11:00am</b> Active Aging Strength <b>12:30pm</b> Balance & Strength* <b>1:30pm</b> Balance & Strength* <b>4:00pm</b> Yoga	<b>12</b> <b>9:30am</b> Zumba Gold <b>10:30am</b> Ballet Barre <b>5:30pm</b> Zumba	<b>13</b> <del><b>8:30am</b> Zumba Toning</del> <del><b>10:00am</b> Active Aging Strength</del> <b>11:00am</b> Balance & Strength* <b>12:15pm</b> Balance & Strength* <b>3:30pm</b> Line Dancing <b>5:00pm</b> Yoga	<b>14</b> <b>8:15am</b> Easy Pace <b>9:30am</b> Zumba Gold <b>10:30am</b> Ballet Barre <b>11:45am</b> Chair Yoga <b>4:00pm</b> Restorative Yoga <b>5:30pm</b> Zumba	<b>15</b> <b>9:30am</b> Line Dancing <b>11:00am</b> Balance & Strength* <b>12:15pm</b> Balance & Strength*
<b>18</b> <b>8:15am</b> Easy Pace <b>10:00am</b> Line Dancing <b>11:00am</b> Active Aging Strength <b>12:30pm</b> Balance & Strength* <b>1:30pm</b> Balance & Strength* <b>4:00pm</b> Yoga	<b>19</b> <b>9:30am</b> Zumba Gold <b>10:30am</b> Ballet Barre <b>11:00am</b> Balance & Strength* <b>5:30pm</b> Zumba	<b>20</b> <b>8:30am</b> Zumba Toning <del><b>10:00am</b> Active Aging Strength</del> <del><b>12:15pm</b> Balance &amp; Strength*</del> <b>3:30pm</b> Line Dancing <b>5:00pm</b> Yoga	<b>21</b> <b>8:15am</b> Easy Pace <b>9:30am</b> Zumba Gold <b>10:30am</b> Ballet Barre <b>11:45am</b> Chair Yoga <b>4:00pm</b> Restorative Yoga <b>5:30pm</b> Zumba	<b>22</b> <b>9:30am</b> Line Dancing <b>11:00am</b> Balance & Strength* <b>12:15pm</b> Balance & Strength*
<b>25</b> <b>8:15am</b> Easy Pace <b>10:00am</b> Line Dancing <b>11:00am</b> Active Aging Strength <b>12:30pm</b> Balance & Strength* <b>1:30pm</b> Balance & Strength* <b>4:00pm</b> Yoga	<b>26</b> <b>9:30am</b> Zumba Gold <b>10:30am</b> Ballet Barre <b>5:30pm</b> Zumba	<b>27</b> <b>8:30am</b> Zumba Toning <b>10:00am</b> Active Aging Strength <b>11:00am</b> Balance & Strength* <b>12:15pm</b> Balance & Strength* <b>3:30pm</b> Line Dancing <b>5:00pm</b> Yoga	<b>28</b> <b>8:15am</b> Easy Pace <b>9:30am</b> Zumba Gold <b>10:30am</b> Ballet Barre <b>11:45am</b> Chair Yoga <b>4:00pm</b> Restorative Yoga <b>5:30pm</b> Zumba	<b>29</b> <b>9:30am</b> Line Dancing <b>11:00am</b> Balance & Strength* <b>12:15pm</b> Balance & Strength*