

Health & Wellness

July

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