

Community Events:

KIDS NIGHT OUT

Drop the kiddos off from 6-10pm for a night of fun and food to take advantage of the free adult time. Ages: Potty trained to 10 years old.
 \$15 for the first child
 \$10 for each additional child
 Please register by the previous Wednesday.

July 6th Theme: We know the way
Movie: Moana

July 20th Theme: I cant wait to be king
Movie: The Lion King

CHILD WATCH:

Child watch is only offered during fitness classes. Please call or email 48 hours in advance to sign your child up, so we can have staff available. 720.870.2221
 Not available for 6 am classes
southshore@denverymca.org

CUB CLUB

Cub Club is the third Thursday of each month and is offered to kids ages 3-10. Register at the event or at the Southlands Management Office.



July 2018

Southshore
 27151 East Lakeview Drive
 Aurora, CO 80016
 720-870-2221

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
1 Beginner Yoga & Meditation 6-7pm	2 Yoga 9:30-10:30am Beginner Yoga & Meditation 6-7pm	3	4 Happy 4th of July Community BBQ @ the Lakehouse 11-2pm Office Closed	5	6 Aqua Fitness @the pool 8am-9am *Kids Night Out 6-10pm at the Lakehouse	7 Nia 9am-10am
8 Beginner Yoga & Meditation 6-7pm	9 Yoga 9:30-10:30am Beginner Yoga & Meditation 6-7pm	10 Strength Conditioning &Core 10:15am-11:15am Cardio Sculpt 6-7pm Yoga 6-7pm	11 Beginner Yoga & Meditation 6-7am Aqua Fitness @the pool 8am-9am	12 Strength Conditioning 10:15am-11:15am	13 Aqua Fitness @the pool 8am-9am	14 Nia 9am-10am Movie Night @ the Lakehouse @Dusk
15 Beginner Yoga & Meditation 6-7pm	16 Yoga 9:30-10:30am Beginner Yoga & Meditation 6-7pm	17 Strength Conditioning &Core 10:15am-11:15am Cardio Sculpt 6-7pm Yoga 6-7pm	18 Beginner Yoga & Meditation 6-7am Aqua Fitness @the pool 8am-9am	19 Strength Conditioning 10:15am-11:15am CUB CLUB 4-5pm@ Southlands Town Square	20 Aqua Fitness @the pool 8am-9am *Kids Night Out 6-10pm at the Lakehouse	21 Nia 9am-10am
22 Ice Cream Social @ the Pool 2-4pm Kona Ice Beginner Yoga & Meditation 6-7pm	23 Yoga 9:30-10:30am Beginner Yoga & Meditation 6-7pm	24 Strength Conditioning &Core 10:15am-11:15am Cardio Sculpt 6-7pm Yoga 6-7pm	25 Beginner Yoga & Meditation 6-7am Aqua Fitness @the pool 8am-9am	26 Strength Conditioning 10:15am-11:15am	27 Aqua Fitness @the pool 8am-9am	28 Nia 9am-10am Concert and Food Trucks Jewel and the Rough 6-8pm
29 Beginner Yoga & Meditation 6-7pm	30 Yoga 9:30-10:30am Beginner Yoga & Meditation 6-7pm	31 Strength & Conditioning 10:15am-11:15am Cardio Sculpt 6-7pm Yoga 6-7pm				

* indicates pre registration required