

July 2019

Calendar

Fitness Center Classes

LIVING WELL WORKS!

Monday	Tuesday	Wednesday	Thursday	Friday
July 1 Yoga - Sara 5 pm - 6 pm	2 *Mom/Baby Connection 1:30 pm Step Aerobics - Connie 5:15 pm - 6 pm	3 Step Aerobics - Connie 4:45 pm - 5:30 pm	4 <p style="text-align: center;">No classes</p>	5
8 Yoga - Sara 5 pm - 6 pm	9 *Mom/Baby Connection 1:30 pm Step Aerobics - Connie 5:15 pm - 6 pm	10 Step Aerobics - Connie 4:45 pm - 5:30 pm	11 Yoga - Sara 7 am - 7:55 am 8 am - 8:55 am Toning - Connie 5:15 pm - 6 pm Zumba - Tiffany 6 pm - 7 pm	12
15 Yoga - Sara 5 pm - 6 pm	16 *Mom/Baby Connection 1:30 pm Step Aerobics - Connie 5:15 pm - 6 pm	17 Step Aerobics - Connie 4:45 pm - 5:30 pm	18 Yoga - Sara 7 am - 7:55 am 8 am - 8:55 am Toning - Connie 5:15 pm - 6 pm Zumba - Tiffany 6 pm - 7 pm	19
22 Yoga - Sara 5 pm - 6 pm	23 *Mom/Baby Connection 1:30 pm Step Aerobics - Connie 5:15 pm - 6 pm	24 Step Aerobics - Connie 4:45 pm - 5:30 pm	25 Yoga - Sara 7 am - 7:55 am 8 am - 8:55 am Toning - Connie 5:15 pm - 6 pm Zumba - Tiffany 6 pm - 7 pm	26
29 Yoga - Sara 5 pm - 6 pm	30 *Mom/Baby Connection 1:30 pm Step Aerobics - Connie 5:15 pm - 6 pm	31 Step Aerobics - Connie 4:45 pm - 5:30 pm		



Ball