

**FWF Wellness at Ulster Rec, Totem Rd., Ulster, PA**

**August 2019**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
	6:30 pm Zumba w/Leanne			6:30 pm Zumba w/Sue		
11	12	13	14	15	16	17
	6:30 pm Zumba w/Leanne			6:30 pm Zumba w/Leanne		
18	19	20	21	22	23	24
	6:30 pm Zumba w/Sue			6:30 pm Zumba w/Sue		
25	26	27	28	29	30	31
	6:30 pm Zumba w/Leanne			6:30 pm Zumba w/Sue		