

AUGUST 2018 EXERCISE CALENDAR

4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>KEY: (N) New session starts (O) Open class, come try it out (E) Session ends</p> <p>New Saturday Class Yoga for Balance Open: August 4th New Session: August 11th-September 15th For more info see page 14</p>	<p>SATURDAY CLASSES CORE 'N MORE 8:15-9:00 AM NEW SESSION: July 7th-August 25th No class: July 21 & August 4 (NEW) WERQ 9:30-10:30 AM NEW SESSION: August 4th-September 8th</p>	<p>1 8:15 B FIT 8:30 Yoga 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 NO ZUMBA GOLD (T) 2:15 HOOP DANCE FITNESS (E) 5:30 NO ZUMBA</p>	<p>2 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 Chair Yoga 10:15 NO ZUMBA GOLD CHAIR 11:15 NO 30 MIN. ZUMBA GOLD 12:30 NO FIT AND FABULOUS 2:00 NO DANCE-THE BALLROOM WORKOUT 4:30 NO STRONG by Zumba 5:30 Body B-Last</p>	<p>3 8:15 NO B FIT 9:10 NO PEPS 10:15 NO ZUMBA GOLD FRIDAY AM 11:30 NO 30 MIN. ZUMBA GOLD 12:15 NO FIT AND FABULOUS 1:00 NO ZUMBA GOLD 2:15 HOOP DANCE FITNESS (O)</p>
<p>6 8:15 NO B FIT 8:30 Yoga 9:10 NO PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (N) 2:30-3:30 Line Dance II 3:30-4:30 Line Dance I 5:30 ZUMBA TONING</p>	<p>7 9:00 NO GENTLE YOGA 9:15 LOW AND SLOW 10:15 NO CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 5:30 Body B-Last</p>	<p>8 8:15 B FIT 8:30 Yoga 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) (E) 2:15 HOOP DANCE FITNESS (N) 5:30 ZUMBA</p>	<p>9 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD (E) 12:30 FIT AND FABULOUS (E) 2:00 NO DANCE-THE BALLROOM WORKOUT 4:30 STRONG by Zumba (N) 5:30 Body-B-Last</p>	<p>10 8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM 11:30 30 MIN. ZUMBA GOLD (O) 12:15 FIT & FABULOUS (O) 1:00 ZUMBA GOLD (O) 2:15 HOOP DANCE FITNESS</p>
<p>13 8:15 B FIT 8:30 Yoga 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 NO ZUMBA GOLD 2:30-3:30 Line Dance II 3:30-4:30 Line Dance I 5:30 ZUMBA TONING</p>	<p>14 9:00 GENTLE YOGA 9:15 NO LOW AND SLOW 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS (N) 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD (N) 5:30 Body B-Last (E)</p>	<p>15 8:15 B FIT 8:30 Yoga 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD(T) (N) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA</p>	<p>16 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 Chair Yoga 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 2:00 NO DANCE-THE BALLROOM WORKOUT 4:30 STRONG by Zumba 5:30 Body B-Last (N)</p>	<p>17 8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS</p>
<p>20 8:15 B FIT 8:30 Yoga (E) 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD 2:30-3:30 Line Dance II 3:30-4:30 Line Dance I 5:30 ZUMBA TONING</p>	<p>21 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 5:30 Body B-Last</p>	<p>22 8:15 B FIT 8:30 Yoga (O) 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD(T) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA</p>	<p>23 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 Chair Yoga 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 2:00 NO DANCE-THE BALLROOM WORKOUT 4:30 STRONG by Zumba 5:30 Body B-Last</p>	<p>24 8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS</p>
<p>27 8:15 B FIT (E) 8:30 Yoga (N) 9:10 PEPS (E) 10:00 NO MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD 2:30-3:30 Line Dance II (E) 3:30-4:30 Line Dance I (E) 5:30 ZUMBA TONING</p>	<p>28 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 5:30 Body B-Last</p>	<p>29 8:15 B FIT (N) 8:30 Yoga 9:10 PEPS (N) 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA</p>	<p>30 9:00 GENTLE YOGA 9:15 LOW AND SLOW (E) 10:15 Chair Yoga 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 2:00 NO DANCE-THE BALLROOM WORKOUT 4:30 STRONG by Zumba 5:30 Body B-Last</p>	<p>31 8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM (E) 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS</p>