

JULY 2019 EXERCISE CALENDAR

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:00 Yoga 8:15 B FIT 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	2 8:00 Seniors Circuit 9:00 NO GENTLE YOGA 9:15 LOW AND SLOW (E) 10:15 NO CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR (O) 2:30 30 MIN. ZUMBA GOLD 4:30 STRONG by Zumba 5:30 Group Training	3 8:00 Yoga 8:15 B FIT (E) 9:10 PEPS (E) 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	4 <p style="text-align: center;">CENTER CLOSED</p>	5 8:15 B FIT (N) 9:10 PEPS (N) 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
8 8:00 Yoga 8:15 B FIT 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	9 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW (N) 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR (N) 2:30 30 MIN. ZUMBA GOLD 4:30 NO STRONG by Zumba 5:30 Group Training	10 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA (E) 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA (E)	11 8:00 Seniors Circuit (E) 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 DANCE-THE BALLROOM WORKOUT 4:30 STRONG by Zumba 5:30 Group Training	12 8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM 11:30 30 MIN. ZUMBA GOLD 12:15 FIT & FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS
15 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA (O) 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (E) 2:30-3:30 Line Dance II 3:30-4:30 Line Dance I 5:30 ZUMBA TONING (O)	16 8:00 Seniors Circuit (O) 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS (E) 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD (E) 4:30 NO STRONG by Zumba 5:30 Group Training (E)	17 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA (N) 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) (O) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA (N)	18 8:00 Seniors Circuit (N) 9:00 GENTLE YOGA (E) 9:15 LOW AND SLOW 10:15 Chair Yoga (E) 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD (O) 12:30 FIT AND FABULOUS (O) 2:00 DANCE-THE BALLROOM WORKOUT (E) 4:30 STRONG by Zumba 5:30 Group Training (N)	19 8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM 11:30 30 MIN. ZUMBA GOLD (N) 12:15 FIT AND FABULOUS (N) 1:00 ZUMBA GOLD (N) 2:15 HOOP DANCE FITNESS
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29 8:00 Yoga (N) 8:15 NO B FIT 9:10 NO 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 (N) 3:30-4:30 Line Dance I (N) 5:30 NO ZUMBA TONING	30 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 NO LOW AND SLOW 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 NO FIT AND FABULOUS 1:30 NO ZUMBA GOLD CHAIR 2:30 NO 30 MIN. ZUMBA GOLD 4:30 NO STRONG by Zumba 5:30 Group Training	31 8:00 Yoga 8:15 B FIT 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 (N) 5:30 NO ZUMBA	<p style="text-align: center;">SATURDAY CORE 'N MORE 8:15-9:00 AM NEW SESSION: August 3rd-September 7th No: July 27th</p>	<p style="text-align: center;">KEY: (N) New session starts (O) Open class, come try it out (E) Session ends</p>