

AUGUST 2019 EXERCISE CALENDAR

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SATURDAY CORE 'N MORE 8:15-9:00 AM NEW SESSION: August 3rd-September 7th</p>	<p>KEY: (N) New session starts (O) Open class, come try it out (E) Session ends</p>		<p>1 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 NO 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 Group Training</p>	<p>2 8:15 B FIT 9:10 PEPS 10:15 NO ZUMBA GOLD FRIDAY AM 11:30 NO 30 MIN. ZUMBA GOLD 12:15 NO FIT & FABULOUS 1:00 NO ZUMBA GOLD 2:15 HOOP DANCE FITNESS</p>
<p>5 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 (O)</p>	<p>6 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 NO 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 4:30 NO STRONG by Zumba 5:30 Group Training</p>	<p>7 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 (T) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA (N)</p>	<p>8 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 NO 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 (E) 5:30 Group Training</p>	<p>9 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>12 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</p>	<p>13 8:00 Seniors Circuit 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 4:30 STRONG by Zumba (N) 5:30 Group Training</p>	<p>14 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 (T) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA</p>	<p>15 8:00 Seniors Circuit 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 Group Training</p>	<p>16 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</p>
<p>19 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 2:30-3:30 Line Dance II 3:30-4:30 Line Dance I 5:30 ZUMBA TONING</p>	<p>20 8:00 Seniors Circuit 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 4:30 STRONG by Zumba 5:30 Group Training</p>	<p>21 8:00 Yoga 8:15 B FIT (N) 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>22 8:00 Seniors Circuit 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 Group Training</p>	<p>23 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>
<p>26 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 2:30-3:30 Line Dance II 3:30-4:30 Line Dance I 5:30 ZUMBA TONING</p>	<p>27 8:00 Seniors Circuit (E) 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 4:30 STRONG by Zumba 5:30 Group Training (E)</p>	<p>28 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 (T) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA</p>	<p>29 8:00 Seniors Circuit (O) 9:00 GENTLE YOGA 9:15 LOW AND SLOW (E) 10:15 Chair Yoga 10:15 ZUMBA GOLD CHAIR (E) 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 2:00 NO DANCE-THE BALLROOM WORKOUT 4:30 STRONG by Zumba</p>	<p>30 8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM (O) 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS</p>