

July Month-At-A-Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11:30 Floor Class 11:30 Pool 12:15 Cardio & Cybex 1:00 WellREP 141 & 145 1:00 Boxing (Adv.)	2	3 11:30 Pool & Cardio 11:30 Bal-Vis (Basic) 141 12:15 Bal-Vis (Adv) 141 1:00 WellREP 141 & 145 1:00 F45 2:00 Yoga	4 HESKETT CLOSED NO CLASSES	5 NO CLASSES	6
7	8 11:30 Floor Class 11:30 Pool 12:15 Cardio & Cybex 1:00 WellREP 141 & 145 1:00 Boxing (Adv.) 6:15 YOPD Empowerment 7:00 YOPD F45	9	10 11:30 Pool & Cardio 11:30 Bal-Vis (Basic) 141 12:15 Bal-Vis (Adv) 141 1:00 WellREP 141 & 145 1:00 F45 2:00 Yoga	11 2:00 Boxing (Basic) 2:45 Stretching 3:15 Boxing (Adv)	12 10:00 Empowerment Group 11:00 F45 11:15 Fall Prevention (Adv.) 141 11:15 Fall Prevention (Bas.) 145	13
14	15 11:30 Floor Class 11:30 Pool 12:15 Cardio & Cybex 1:00 WellREP - COMBINED 141 1:00 Boxing (Adv.)	16	17 11:30 Pool & Cardio 11:30 Bal-Vis (Basic) 141 12:15 Bal-Vis (Adv) 141 1:00 WellREP - COMBINED 141 1:00 F45 2:00 Yoga	18 2:00 Boxing (Basic) 2:45 Stretching 3:15 Boxing (Adv.)	19 10:00 Empowerment Group 11:00 F45 11:15 Fall Prevention COMBINED 141	20
21	22 11:30 Floor Class 11:30 Pool 12:15 Cardio & Cybex 1:00 WellREP 141 & 145 1:00 Boxing (Adv.) 6:15 YOPD Empowerment 7:00 YOPD F45	23	24 11:30 Pool & Cardio 11:30 Bal-Vis (Basic) 141 12:15 Bal-Vis (Adv) 141 1:00 WellREP 141 & 145 1:00 F45 2:00 Yoga	25 2:00 Boxing (Basic) 2:45 Stretching 3:15 Boxing (Adv)	26 10:00 Empowerment Group 11:00 F45 11:15 Fall Prevention (Adv.) 141 11:15 Fall Prevention (Bas.) 145 12:00 Final/Celebration Friday!	27
28	29 NO POOL CLASS 11:30 Floor Class 12:15 Cardio & Cybex 1:00 WellREP 141 & 145 1:00 Boxing (Adv.)	30	31 NO POOL CLASS 11:30 Cardio 11:30 Bal-Vis (Basic) 141 12:15 Bal-Vis (Adv) 141 1:00 WellREP 141 & 145 1:00 F45 2:00 Yoga	Education Series August 2nd Topic: Navigating Care Options Speaker: Robert Miller CarePitch		