

Austin Classes

August 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
For more information about Aging is Cool, www.agingiscool.com Questions? info@agingiscool.com 512.790.(COOL) 2665			1 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane	2 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar	3	4
5	6	7 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar	8 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane	9 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar	10 Yoga 10 a.m. Balance Dance 4544 S. Lamar	11
12	13	14 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar	15 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane	16 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar	17 Stay Strong 10 a.m. Balance Dance 4544 S. Lamar	18
19	20 Presentation on Borneo (Damien) 1:30 p.m. Belmont Village 4310 Bee Cave Rd	21 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar	22 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane	23 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar	24 Stay Strong 10 a.m. Balance Dance 4544 S. Lamar	25
26	27	28 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar Stay Social 1 p.m. Pinthouse Pizza 4326 S. Lamar	29 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane	30 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar	31 LBJ Museum Tour 1 p.m. \$5 2313 Red River Street Free Parking in Lot 38	