

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
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2	3	<b>4 Stay Strong</b> 9 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	<b>5 Pottery Painting at Café Monet</b> 1:30 p.m. 4477 S Lamar Blvd	<b>6 Stay Strong</b> 11 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	<b>7 Stay Strong</b> 10 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	8
9	<b>10 Picnic Social (bring your lunch)</b> 11:30- 1:00 p.m. Dick Nichols Park, 8011 Beckett Rd	<b>11 Stay Strong</b> 9 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	<b>12 Conversation Café</b> 11:00 a.m. Central Market 4477 S Lamar Blvd.	<b>13 Stay Strong/Abs</b> 11 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	<b>14 Stay Stretching</b> 10 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	15
16	17	<b>18 Stay Strong</b> 9 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	<b>19 Amy's Ice Cream and Half Price Books</b> 2 p.m. 2901 South Lamar	<b>20 Stay Strong</b> 11 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	<b>21 Stay Strong</b> 10 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	22
23/30	24	<b>25 Stay Strong</b> 9 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo bldg.)	26	<b>27 Stay Strong/Abs</b> 11 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	<b>28 Yoga (with Amy Martin- bring a mat)</b> 10 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	29