

August 2011

FITNESS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 8:30am Aqua Aerobics P 10am-Women's Bowling 1030 Zumba Dance 5pm Men's Basketball G	2 9am-Pilates Class-G 11am Aerobic /Weights Exercises G 6pm Tai Chi G 6pm Horseshoes SP 655pm Posture Alignment G	3 8:30am Aqua Aerobics 10am Video Fitness G 3pm-Ping Pong 4:45pm Basketball G 7pm-Square Dance G	4 9am Men Bowl At Alley Kat Lanes 11am Aerobic /Weights Exercises G 12 Aqua Aerobics P 1230Zumba G 5pm Men's Basketball G	5 8:30am-Cardio Fitness-G 8:30am Aqua Aerobics P 10:30LineDance G 12:15pmZumba G	6 10:30a Country Line Dancing G.
7	8 8:30am Aqua Aerobics P 10am-Women's Bowling 1030 Zumba Dance 5pm Men's Basketball G	9 9am-Pilates Class-G 11am Aerobic /Weights Exercises G 6pm Tai Chi G 6pm Horseshoes SP 655pm Posture Alignment G	10 8:30am Aqua Aerobics 10am Video Fitness G 3pm-Ping Pong 4:45pm Basketball G 7pm-Square Dance G	11 9am Men Bowl At Alley Kat Lanes 11am Aerobic /Weights Exercises G 12 Aqua Aerobics P 1230Zumba G 5pm Men's Basketball G	12 8:30am-Cardio Fitness-G 8:30am Aqua Aerobics P 10:30LineDance G 12:15 Zumba G	13 10:30a Country Line Dancing G.
14 	15 8:30am Aqua Aerobics P 10am-Women's Bowling 1030 Zumba Dance 5pm Men's Basketball G	16 9am-Pilates Class-G 11am Aerobic/Weights Exercises G 6pm Tai Chi G 6pm Horseshoes SP 655pm Posture Alignment g	17 8:30am Aqua Aerobics 10am Video Fitness G 3pm-Ping Pong 4:45pm Basketball G 7pm-Square Dance G	18 9am Men Bowl At Alley Kat Lanes 11am Aerobic /Weights Exercises G 12 Aqua Aerobics P 1230Zumba G 5pm Men's Basketball	19 8:30am-Cardio Fitness-G 8:30am Aqua Aerobics P 10:30LineDance G 12:15Zumba G	20 10:30a Country Line Dancing G.
21 	22 8:30am Aqua Aerobics P 10am Hiking Club BR 10am-Women's Bowling- 1030 Zumba Dance 5pm Men's Basketball G	23 9am-Pilates Class-G 11a Aerobic/Weights G 6pm Tai Chi G 6pm Horseshoes SP 655pm Posture Alignment G	24 8:30am Aqua Aerobics 10am Video Fitness G 3pm-Ping Pong 4:45pm Basketball G 7pm-Square Dance G	25 9am Men Bowl At Alley Kat Lanes 11am Aerobic /Weights Exercises G 12 Aqua Aerobics P 1230Zumba G 5pm Men's Basketball	26 8:30am-Cardio Fitness-G 8:30am Aqua Aerobics P 10:30LineDance G 12:15Zumba G	27 10:30a Country Line Dancing G.
28	29 8:30am Aqua Aerobics P 10am Hiking Club 10am-Women's Bowling- 1030 Zumba Dance 5pm Men's Basketball \	30 9am-Pilates Class-G 11a Aerobic/Weights G 6pm Tai Chi G 6pm Horseshoes SP 655pm Posture Alignment G				Gym = G Fitness Center = FC Indoor Pool- P Horseshoe Pits SP Ballroom = BR

