

# August 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b>
<b>2</b>	<b>3</b> 6:00-7:00 A.M. CROSS TRAINING 12:00-1:00 P.M. CROSS TRAINING	<b>4</b> 6:00-7:00 A.M. CROSS TRAINING 8:15-9:00 A.M. YOGA BALL 9:00-10:00 A.M. SENIOR STRENGTH 10:00-11:00 A.M. CLASSIC YOGA 11:00-12:00 P.M. CHAIR YOGA 6:00-7:00 P.M. TABATA	<b>5</b> 6:00 - 7:00 A.M. CROSS TRAINING 12:00-1:00 P.M. CROSS TRAINING 1:30-3:00 P.M. LINE DANCING (WEATHER PERMITTING)	<b>6</b> 6:00-7:00 A.M. CROSS TRAINING 8:15-9:00 A.M. YOGA BALL 9:00-10:00 A.M. SENIOR STRENGTH 10:00-11:00 A.M. CLASSIC YOGA 11:00-12:00 P.M. SILVER SNEAKER CHAIR CLASS (STRENGTH) 6:00-7:00 P.M. BUTTS & GUTS 6:30-8:30 P.M. LINE DANCING	<b>7</b> 9:15-10:15 A.M. EASY DOES IT	<b>8</b>
<b>9</b>	<b>10</b> 6:00-7:00 A.M. CROSS TRAINING 12:00-1:00 P.M. CROSS TRAINING	<b>11</b> 6:00-7:00 A.M. CROSS TRAINING 8:15-9:00 A.M. YOGA BALL 9:00-10:00 A.M. SENIOR STRENGTH 10:00-11:00 A.M. CLASSIC YOGA 11:00-12:00 P.M. CHAIR YOGA 6:00-7:00 P.M. TABATA	<b>12</b> 6:00 - 7:00 A.M. CROSS TRAINING 12:00-1:00 P.M. CROSS TRAINING 1:30-3:00 P.M. LINE DANCING (WEATHER PERMITTING)	<b>13</b> 6:00-7:00 A.M. CROSS TRAINING 8:15-9:00 A.M. YOGA BALL 9:00-10:00 A.M. SENIOR STRENGTH 10:00-11:00 A.M. CLASSIC YOGA 11:00-12:00 P.M. SILVER SNEAKER CHAIR CLASS (STRENGTH) 6:00-7:00 P.M. BUTTS & GUTS 6:30-8:30 P.M. LINE DANCING	<b>14</b> 9:15-10:15 A.M. EASY DOES IT	<b>15</b>
<b>16</b>	<b>17</b> 6:00-7:00 A.M. CROSS TRAINING 12:00-1:00 P.M. CROSS TRAINING	<b>18</b> 6:00-7:00 A.M. CROSS TRAINING 8:15-9:00 A.M. YOGA BALL 9:00-10:00 A.M. SENIOR STRENGTH 10:00-11:00 A.M. CLASSIC YOGA 11:00-12:00 P.M. CHAIR YOGA 6:00-7:00 P.M. TABATA	<b>19</b> 6:00 - 7:00 A.M. CROSS TRAINING 12:00-1:00 P.M. CROSS TRAINING 1:30-3:00 P.M. LINE DANCING (WEATHER PERMITTING)	<b>20</b> 6:00-7:00 A.M. CROSS TRAINING 8:15-9:00 A.M. YOGA BALL 9:00-10:00 A.M. SENIOR STRENGTH 10:00-11:00 A.M. CLASSIC YOGA 11:00-12:00 P.M. SILVER SNEAKER CHAIR CLASS (STRENGTH) 6:00-7:00 P.M. BUTTS & GUTS 6:30-8:30 P.M. LINE DANCING	<b>21</b> 9:15-10:15 A.M. EASY DOES IT	<b>22</b>
<b>23</b>	<b>24</b> 6:00-7:00 A.M. CROSS TRAINING 12:00-1:00 P.M. CROSS TRAINING	<b>25</b> 6:00-7:00 A.M. CROSS TRAINING 8:15-9:00 A.M. YOGA BALL 9:00-10:00 A.M. SENIOR STRENGTH 10:00-11:00 A.M. CLASSIC YOGA 11:00-12:00 P.M. CHAIR YOGA 6:00-7:00 P.M. TABATA	<b>26</b> 6:00 - 7:00 A.M. CROSS TRAINING 12:00-1:00 P.M. CROSS TRAINING 1:30-3:00 P.M. LINE DANCING (WEATHER PERMITTING)	<b>27</b> 6:00-7:00 A.M. CROSS TRAINING 8:15-9:00 A.M. YOGA BALL 9:00-10:00 A.M. SENIOR STRENGTH 10:00-11:00 A.M. CLASSIC YOGA 11:00-12:00 P.M. SILVER SNEAKER CHAIR CLASS (STRENGTH) 6:00-7:00 P.M. BUTTS & GUTS 6:30-8:30 P.M. LINE DANCING	<b>28</b> 9:15-10:15 A.M. EASY DOES IT	<b>29</b>
<b>30</b>	<b>31</b> 6:00-7:00 A.M. CROSS TRAINING 12:00-1:00 P.M. CROSS TRAINING					

\* **MON / WED** 9:00-10:00 A.M. YOGA , 10:00-11:00 A.M. EASY DOES IT WALK WITH WEIGHTS (OPTIONAL) @ **FATHER SHEEHAN PARK** (WEATHER PERMITTING)