







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Canada Day! 	2 10:15 Standing Balance 1:45 Group Fitness (strength) 2:30 Olympic Sprint Tryout	3 9:15 Oaklands Fun & Fit 11:00 Appleby Total Body Fitness 11:15 Nelson Fun & Fit 1:00 Brant Total Body Fitness 2:30 Drum Fit (South Tower) 3:00 Bronte Total Body Fitness	4 11:15 Brant Fun & Fit Walkers & Rollers 11:30 Basketball & Ball Toss 1:45 Seated Yoga 2:15 Drum Fit (South Tower) 2:30 Olympic Canoe Race Tryout	5 11:00 Line Dancing 1:45 Drum Fit (North Tower)	6 10:15 Morning Tai Chi 11:15 Bronte Total Body Fitness 2:00 Appleby Total Body Fitness
7 10:00 Oaklands Total Body Fitness 11:00 Nelson Total Body Fitness 1:45 Basketball & Ball Toss	8 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit 1:45 Sweat Squad	9 10:15 Standing Balance 1:45 Group Fitness (cardio)	10 9:15 Oaklands Fun & Fit 11:00 Appleby Total Body Fitness 11:15 Nelson Fun & Fit 1:00 Brant Total Body Fitness 2:30 Drum Fit (South Tower) 3:00 Bronte Total Body Fitness	11 11:15 Brant Fun & Fit Walkers & Rollers 11:30 Basketball & Ball Toss 1:45 Seated Yoga 2:15 Drum Fit (South Tower)	12 11:00 Line Dancing 1:45 Drum Fit (North Tower)	13
14	15 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit 1:45 Sweat Squad	16 10:15 Standing Balance 1:45 Group Fitness (strength)	17 9:15 Oaklands Fun & Fit 11:00 Appleby Total Body Fitness 11:15 Nelson Fun & Fit 1:00 Brant Total Body Fitness 2:30 Drum Fit (South Tower) 3:00 Bronte Total Body Fitness	18 11:15 Brant Fun & Fit Walkers & Rollers 11:30 Basketball & Ball Toss 1:45 Seated Yoga 2:15 Drum Fit (South Tower)	19 11:00 Line Dancing 1:45 Drum Fit (North Tower)	20 10:15 Morning Tai Chi 11:15 Bronte Total Body Fitness 2:00 Appleby Total Body Fitness
21 10:00 Oaklands Total Body Fitness 11:00 Nelson Total Body Fitness 1:45 Basketball & Ball Toss	22 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit 1:45 Sweat Squad	23 10:15 Standing Balance 1:45 Group Fitness (cardio)	24 9:15 Oaklands Fun & Fit 11:00 Appleby Total Body Fitness 11:15 Nelson Fun & Fit 1:00 Brant Total Body Fitness 2:30 Drum Fit (South Tower) 3:00 Bronte Total Body Fitness	25 11:15 Brant Fun & Fit Walkers & Rollers 11:30 Basketball & Ball Toss 1:45 Seated Yoga 2:15 Drum Fit (South Tower)	26 11:00 Line Dancing 1:45 Drum Fit (North Tower)	27
28	29 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit 1:45 Sweat Squad	30 10:15 Standing Balance 1:45 Group Fitness (strength)	31 9:15 Oaklands Fun & Fit 11:00 Appleby Total Body Fitness 11:15 Nelson Fun & Fit 1:00 Brant Total Body Fitness 2:30 Drum Fit (South Tower) 3:00 Bronte Total Body Fitness	   <p>Group Exercise Classes:</p> <ul style="list-style-type: none"> • Standing Balance • Tai Chi • Drum Fit • Seated Yoga • Cardio Fit • Strength <p> Caleb Away from Village</p>		

