



August 2024

Program for Active Living



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 11:00 Duet Bike Rides (P) 1:30 Stretching Class (FC)	2 10:00 Balance Class (JS)	3 OPEN GYM DAY
4 See the monthly stretch sheets by the Fitness Center	5 OPEN GYM DAY	6 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	7 1:30 SMART Classes (JS)	8 11:00 Duet Bike Rides (P) 1:30 Stretching Class (FC)	9 10:00 Balance Class (JS)	10 OPEN GYM DAY
11 See the monthly stretch sheets by the Fitness Center	12 1:30 SMART Classes (JS)	13 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	14 1:30 SMART Classes (JS)	15 11:00 Duet Bike Rides (P) 1:30 Stretching Class (FC)	16 10:00 Balance Class (JS)	17 OPEN GYM DAY
18 See the monthly stretch sheets by the Fitness Center	19 1:30 SMART Classes (JS)	20 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	21 1:30 SMART Classes (JS)	22 11:00 Duet Bike Rides (P) 1:30 Stretching Class (FC)	23 OPEN GYM DAY	24 OPEN GYM DAY
25 See the monthly stretch sheets by the Fitness Center	26 1:30 SMART Classes (JS)	27 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	28 1:30 SMART Classes (JS)	29 11:00 Duet Bike Rides (P) 1:30 Stretching Class (FC)	30 10:00 Balance Class (JS)	31 OPEN GYM DAY