

JULY

Neighbourhood Name

E - Eby

N - Newberry

T - Trussler

Str- Strasburg

A - Aberdeen

R - Roseville

Legend

K - Kingsdale

S - Sandhills

W - Waldau

H - Haysville

Michael T Sharratt

program for

active

living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Canada Day	2 10:00 Total Body Fitness - A 3:00 Fun and Fitness - K 3:30 Taichi - H	3 10:00 Total Body Fitness - N 11:00 Total Body Fitness - H 3:30 Taichi - Str	4 10:00 Total Body Fitness - R 11:00 Total Body Fitness - S 2:45 Hand therapy - Str 3:30: Fun and Fitness-W	5
6	7 10:00 Total Body Fitness- K 11:00 Total Body Fitness- S 3:00 Fun and Fitness - A 3:00 Fun and Fitness - R 3:30 Hand therapy - N	8 10:00 Total Body Fitness - Str 11:00 Total Body Fitness - T 3:30 Total Body Fitness - E	9 10:00 Total Body Fitness - A 3:00 Fun and Fitness - K 3:30 Taichi - H	10 10:00 Total Body Fitness - N 11:00 Total Body Fitness - H 3:30 Taichi - Str	11 10:00 Total Body Fitness - R 11:00 Total Body Fitness - S 2:45 Hand therapy - A 3:30: Fun and Fitness-W	12
13	14 10:00 Total Body Fitness- K 11:00 Total Body Fitness- S 2:45 Hand therapy- E 3:00 Fun and Fitness - A 3:00 Fun and Fitness - R	15 10:00 Total Body Fitness - Str 11:00 Total Body Fitness - T 3:30 Total Body Fitness - E	16 10:00 Total Body Fitness - A 3:00 Fun and Fitness - K 3:30 Taichi - H	17 10:00 Total Body Fitness - N 11:00 Total Body Fitness - H 3:30 Taichi - Str	18 10:00 Total Body Fitness - R 11:00 Total Body Fitness - S 2:45 Hand therapy - K 3:30: Fun and Fitness-W	19
20	21 10:00 Total Body Fitness- K 11:00 Total Body Fitness- S 2:45 Hand therapy- H 3:00 Fun and Fitness - A 3:00 Fun and Fitness - R	22 10:00 Total Body Fitness - Str 11:00 Total Body Fitness - T 3:30 Total Body Fitness - E	23 10:00 Total Body Fitness - A 3:00 Fun and Fitness - K 3:30 Taichi - H	24 10:00 Total Body Fitness - N 11:00 Total Body Fitness - H 3:30 Taichi - Str	25 10:00 Total Body Fitness - R 11:00 Total Body Fitness - S 2:45 Hand therapy - Str 3:30: Fun and Fitness-W	26
27	28 10:00 Total Body Fitness- K 11:00 Total Body Fitness- S 3:00 Fun and Fitness - A 3:00 Fun and Fitness - R 3:30 Hand therapy- T	29 10:00 Total Body Fitness - Str 11:00 Total Body Fitness - T 3:30 Total Body Fitness - E	30 10:00 Total Body Fitness - A 3:00 Fun and Fitness - K 3:30 Taichi - H	31 10:00 Total Body Fitness - N 11:00 Total Body Fitness - H 3:30 Taichi - Str		