


JULY

PROGRAM FOR ACTIVE LIVING - Ext. 8031

Legend

HS— Hobby Shop
FC— Fitness Center
EG— Egerton Lounge
EM— Emma's Lounge
TH--- Town Hall
TS--- Town Square



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Canada Day NO PAL PROGRAMS TODAY	2 11:00 DanceFIT - HS 1:00 Exercise w/ V.O.N - EM 2:00 Exercise w/ V.O.N - EG 2:30 Sweat Safely w/ Weights- HS	3 11:00 Sit & Be Fit - TH 2:30 Posture & Balance - TH	4 10:30 Duet Bikes- O 1:00 Exercise w/ V.O.N - FC 1:30 Groove & Move - EM 2:30 Hand Wax Therapy - HS	5 NO PAL PROGRAMS TODAY
6 NO PAL PROGRAMS TODAY	7 10:30 Groove & Move - EM 1:00 Exercise w/ V.O.N - FC 3:00 Hand Wax Therapy - HS	8 2:00 Fit for Life - EG 3:00 Sit & Be Fit - TH	9 11:00 DanceFIT - HS 1:00 Exercise w/ V.O.N - EM 2:00 Exercise w/ V.O.N - EG	10 NO PAL PROGRAMS TODAY	11 1:00 Exercise w/ V.O.N - FC	12 NO PAL PROGRAMS TODAY
13 NO PAL PROGRAMS TODAY	14 1:00 Exercise w/ V.O.N - FC	15 NO PAL PROGRAMS TODAY	16 11:00 DanceFIT - HS 1:00 Exercise w/ V.O.N - EM 2:00 Exercise w/ V.O.N - EG	17 NO PAL PROGRAMS TODAY	18 1:00 Exercise w/ V.O.N - FC	19 NO PAL PROGRAMS TODAY
20 NO PAL PROGRAMS TODAY	21 10:30 Groove & Move - EM 1:00 Exercise w/ V.O.N - FC 3:00 Hand Wax Therapy - HS	22 11:00 Sit & Be Fit - TH 2:00 Fit for Life - EG	23 11:00 DanceFIT - HS 1:00 Exercise w/ V.O.N - EM 2:00 Exercise w/ V.O.N - EG 2:30 Sweat Safely w/ Resistance Bands- HS	24 11:00 Sit & Be Fit - TH 2:30 Posture & Balance - TH	25 1:00 Exercise w/ V.O.N - FC	26 10:30 Duet Bikes- EG 3:30 Sweat Safely w/ Resistance Bands - HS
27 11:15 Sit & Be Fit - TH 3:00 Golden Gait Challenge - TS	28 1:00 Exercise w/ V.O.N - FC	29 11:00 Sit & Be Fit - TH 2:00 Fit for Life - EG	30 11:00 DanceFIT - HS 1:00 Exercise w/ V.O.N - EM 2:00 Exercise w/ V.O.N - EG 2:30 Sweat Safely w/ Weights - HS	31 11:00 Sit & Be Fit - TH 2:30 Posture & Balance - TH	