

JULY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Canada Day	2 9:15 am - Walking Club	3 9:15 am - LE Strengthening East - Family Room West - Parkview	4 9:15 am - Posture + Core East - Family Room West - Parkview	5
6	7 9:15 am - Stretch + ROM East - Family Room West - Parkview	8 9:15 am - UE Strengthening East - Family Room West - Parkview	9 9:15 am - Walking Club	10 9:15 am - LE Strengthening East - Family Room West - Parkview	11 9:15 am - Posture + Core East - Family Room West - Parkview	12
13	14 9:15 am - Stretch + ROM East - Family Room West - Parkview	15 9:15 am - UE Strengthening East - Family Room West - Parkview	16 9:15 am - Walking Club	17 9:15 am - LE Strengthening East - Family Room West - Parkview	18 9:15 am - Posture + Core West - Parkview	19 9:15 am - Posture + Core East - Family Room
20 9:15 am - Stretch + ROM East - Family Room	21 9:15 am - Stretch + ROM west - Parkview	22 9:15 am - UE Strengthening East - Family Room West - Parkview	23 9:15 am - Walking Club	24 9:15 am - LE Strengthening East - Family Room West - Parkview	25 9:15 am - Posture + Core East - Family Room West - Parkview	26
27	28 9:15 am - Stretch + ROM East - Family Room West - Parkview	29 9:15 am - UE Strengthening East - Family Room West - Parkview	30 9:15 am - Walking Club	31 9:15 am - LE Strengthening East - Family Room West - Parkview		