

AUGUST



WILFRED SCHLEGEL Day
Monday, August 4
This day kicks off a month of giving back to the community.

					<div>1</div> <div>9:15 am - Posture + Core West - Parkview</div>	<div>2</div>
<div>3</div>	<div>4</div> <div>WILFRED SCHLEGEL DAY</div> <div>9:15 am - Ball Exercises West - Parkview</div>	<div>5</div> <div>9:15 am - UE Strengthening East - Family Room West - Parkview</div>	<div>6</div> <div>9:15 am - Walking Club</div>	<div>7</div> <div>9:15 am - LE Strengthening East - Family Room West - Parkview</div>	<div>8</div> <div>9:15 am - Posture + Core</div>	<div>9</div>
<div>10</div>	<div>11</div> <div>9:15 am - Ball Exercises East - Family Room West - Parkview</div>	<div>12</div> <div>9:15 am - UE Strengthening East - Family Room West - Parkview</div>	<div>13</div> <div>9:15 am - Walking Club</div>	<div>14</div> <div>9:15 am - LE Strengthening East - Family Room West - Parkview</div>	<div>15</div> <div>9:15 am - Posture + Core West - Parkview</div>	<div>16</div> <div>9:15am - Posture + Core Est - Family Room</div>
<div>17</div> <div>9:15 am - Ball Exercises East - Family Room</div>	<div>18</div> <div>9:15 am - Ball Exercises West - Parkview</div>	<div>19</div> <div>9:15m - UE Strengthening East - Family Room West - Parkview</div>	<div>20</div> <div>9:15 am - Walking Club</div>	<div>21</div> <div>9:15 am - LE Strengthening East - Family Room West - Parkview</div>	<div>22</div> <div>9:15 am - Posture + Core East - Family Room West - Parkview</div>	<div>23</div>
<div>24</div>	<div>25</div> <div>9:15 am - Ball Exercise East - Family Room West - Parkview</div>	<div>26</div> <div>9:15am - UE Strengthening East - Family Room West - Parkview</div>	<div>27</div> <div>9:15 am - Walking Club</div>	<div>28</div> <div>9:15 am - LE Strengthening East - Family Room West - Parkview</div>	<div>29</div> <div>9:15am - Posture + Core East - Family Room West - Parkview</div>	<div>30</div>