

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AUGUST Program for Active Living			 WILFRED SCHLEGEL Day Monday, August 4 This day kicks off a month of giving back to the community.		1	2 10:00 - Tai Chi 11:00 - Bronte TBF 2:00 - Appleby TBF
3 10:15 - Oaklands TBF 11:00 - Nelson TBF 1:45 - Basketball Toss	4 WILFRED SCHLEGEL DAY 9:15 - Appleby Fun & Fit 11:15 - Bronte Fun & Fit 1:30 - Sweat Squad	5 10:00 - Standing Balance 1:45 - Group Fitness (Cardio)	6 9:15 - Nelson Fun & Fit 11:00 - Appleby TBF 11:15 - Oaklands Fun & Fit 1:00 - Brant TBF 3:00 - Bronte TBF	7 11:15 - Brant Fun & Fit 11:30 - Basketball Toss 1:45 - Seated Yoga	8	9
10	11 9:15 - Appleby Fun & Fit 11:15 - Bronte Fun & Fit 1:30 - Sweat Squad	12 10:00 - Standing Balance 1:45 - Group Fitness (Cardio)	13 9:15 - Nelson Fun & Fit 11:00 - Appleby TBF 11:15 - Oaklands Fun & Fit 1:00 - Brant TBF 3:00 - Bronte TBF	14 11:15 - Brant Fun & Fit 11:30 - Basketball Toss 1:45 - Seated Yoga	15	16 10:00 - Tai Chi 11:00 - Bronte TBF 2:00 - Appleby TBF
17 10:15 - Oaklands TBF 11:00 - Nelson TBF 1:45 - Basketball Toss	18 9:15 - Appleby Fun & Fit 11:15 - Bronte Fun & Fit 1:30 - Sweat Squad	19 10:00 - Standing Balance 1:45 - Group Fitness (Cardio)	20 9:15 - Nelson Fun & Fit 11:00 - Appleby TBF 11:15 - Oaklands Fun & Fit 1:00 - Brant TBF 3:00 - Bronte TBF	21 11:15 - Brant Fun & Fit	22	23
24	25 9:15 - Appleby Fun & Fit 11:15 - Bronte Fun & Fit	26	27 9:15 - Nelson Fun & Fit 11:15 - Oaklands Fun & Fit	28 11:15 - Brant Fun & Fit	29	30
31	 Legend C—Chapel TH—Town Hall MF— Main Floor TS—Town Square SC—Social Club  Michael T Sharratt program for active living					