



AUGUST 2019

EXERCISE PROGRAMS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 915– Easy Fit	2 915– Sit Down & Tone Up 215– Chair Yoga	3 915– Easy Fit
4 915– Easy Fit	5 915– Sit Down & Tone Up	6 915– Sit Down & Tone Up 300– Chair Yoga	7 915– Easy Fit 300– Balance Class	8 915– Easy Fit Wax Therapy (all morning)	9 915– Sit Down & Tone Up	10
11	12 915– Sit Down & Tone Up	13 915– Sit Down & Tone Up	14 915– Easy Fit 300– Balance Class	15 915– Easy Fit Wax Therapy (all morning)	16 915– Sit Down & Tone Up 215– Chair Yoga	17
18	19 915– Sit Down & Tone Up	20 915– Sit Down & Tone Up 300– Chair Yoga	21 915– Easy Fit 300– Balance Class	22 915– Easy Fit Wax Therapy (all morning)	23 915– Sit Down & Tone Up	24
25	26 915– Sit Down & Tone Up	27 915– Sit Down & Tone Up	28 915– Easy Fit 300– Balance Class	29 915– Easy Fit Wax Therapy (all morning)	30 915– Sit Down & Tone Up	31 915– Easy Fit