



JULY 2021

EXERCISE PROGRAMS



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------------|-----------------------------------|---|---|---|---|-------------------------|
| | | | | 1 CANADA DAY 915– Sit Down & Tone Up (E) | 2 915– Sit Down & Tone Up (W) 1015– Easy Fit (E) | 3 915– Easy Fit (E) |
| 4 915– Easy Fit (W) | 5 915– Sit Down & Tone Up (E) | 6 915– Easy Fit (E) 115– Balance Class (E) | 7 915– Easy Fit (E) 11– Sit Down & Tone Up (W) | 8 915– Sit Down & Tone Up (E) | 9 915– Sit Down & Tone Up (W) 1015– Easy Fit (E) | 10 |
| 11 | 12 915– Sit Down & Tone Up (E) | 13 915– Easy Fit (E) 115– Balance Class (E) | 14 915– Easy Fit (E) 11– Sit Down & Tone Up (W) | 15 915– Sit Down & Tone Up (E) | 16 915– Sit Down & Tone Up (W) | 17 |
| 18 | 19 915– Sit Down & Tone Up (E) | 20 | 21 11– Sit Down & Tone Up (W) | 22 915– Sit Down & Tone Up (E) | 23 915– Sit Down & Tone Up (W) 1015– Easy Fit (E) | 24 |
| 25 | 26 915– Sit Down & Tone Up (E) | 27 915– Easy Fit (E) 115– Balance Class (E) | 28 915– Easy Fit (E) 11– Sit Down & Tone Up (W) | 29 915– Sit Down & Tone Up (E) | 30 915– Sit Down & Tone Up (W) 1015– Easy Fit (E) | 31 915– Easy Fit (E) |