



JULY

Program for Active Living



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Where is the Program?

All exercise is currently taking place in the Community Room unless weather permits to be in the gazebo. Class will always meet in the Community Room to start.

1

10 Aerobics for P1+2
10:30 Aerobics P3+Becker

2

10 Stretch for Phase 1+2
10:30 Stretch P3 + Becker

3

STRETCH DAY!
Ask Laura for the monthly Stretch sheet

4

STRETCH DAY!
Ask Laura for the monthly Stretch sheet

5

10 Stretch for Phase 1+2
10:30 Stretch P3+Becker

6

10 Weights for P1+2
10:30 Weights P3+Becker

7

10 Weights for P 1+2
10:30 Weights P3+Becker

8

10 Aerobics for P1+2
10:30 Aerobics P3+Becker

9

10 Aerobics for P1+2
10:30 Aerobics P3+Becker

10

STRETCH DAY!
Ask Laura for the monthly Stretch sheet

11

STRETCH DAY!
Ask Laura for the monthly Stretch sheet

12

10 Stretch for Phase 1+2
10:30 Stretch P3+Becker

13

10 Weights for P1+2
10:30 Weights P3+Becker

14

10 Weights for P 1+2
10:30 Weights P3+Becker

15

10 Aerobics for P1+2
10:30 Aerobics P3+Becker

16

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10:30 Aerobics P3+Becker

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10:30 Stretch P3+Becker

20

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10:30 Weights P3+Becker

21

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10:30 Weights P3+Becker

22

10 Aerobics for P1+2
10:30 Aerobics P3+Becker

23

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10:30 Stretch P3+Becker

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10 Weights for P 1+2
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30

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