

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
|--------|--------|---------|-----------|----------|--------|----------|

# August

|   |  |   |  |   |  |   |
|---|--|---|--|---|--|---|
|   |  | 1<br>Boot Camp 5 PM                                     | 2<br>Body Cond. 7:30 AM<br>Senior Fit. 9:30AM  | 3<br>Gentle Yoga 11:15 AM<br>Boot Camp 5 PM   | 4<br><b>Meals On Wheels</b><br><i>So no Senior goes hungry</i><br>Body Cond. 7:30 AM<br>Senior Fit. 9:30AM | 5   |
| 6   | 7<br>Body Cond. 7:30 AM<br>Senior Fit. 9:30AM  | 8<br>Boot Camp 5 PM                                     | 9<br>Body Cond. 7:30 AM<br>Senior Fit. 9:30AM  | 10<br>Gentle Yoga Cancelled<br>Boot Camp 5 PM | 11<br>Body Cond. 7:30 AM<br>Senior Fit. 9:30AM   | 12  |
| 13  | 14<br>Body Cond. 7:30 AM<br>Senior Fit. 9:30AM | 15<br>Boot Camp 5 PM<br>Farmers' Market<br>Ginegaw Park | 16<br>Body Cond. 7:30 AM<br>Senior Fit. 9:30AM | 17<br>Gentle Yoga Cancelled<br>Boot Camp 5 PM | 18<br>Body Cond. 7:30 AM<br>Senior Fit. 9:30AM   | 19  |
| 20  | 21<br>Body Cond. 7:30 AM<br>Senior Fit. 9:30AM | 22<br>Boot Camp 5 PM                                    | 23<br>Body Cond. 7:30 AM<br>Senior Fit. 9:30AM | 24<br>Gentle Yoga 11:15 AM<br>Boot Camp 5 PM  | 25<br>Body Cond. 7:30 AM<br>Senior Fit. 9:30AM   | 26<br> |
| 27<br> | 28<br>Body Cond. 7:30 AM<br>Senior Fit. 9:30AM | 29<br>Boot Camp 5 PM                                    | 30<br>Body Cond. 7:30 AM<br>Senior Fit. 9:30AM | 31<br>Gentle Yoga 11:15 AM<br>Boot Camp 5 PM  |  |   |