
























August Group Fitness Schedule of Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 8:30-9:30 AM AQUA FIT Intermediate	 8:15-9:15 AM AQUA FIT Intermediate	 8:30-9:30 AM AQUA FIT Intermediate	 8:15-9:15 AM AQUA FIT Intermediate	 8:30-9:15 AM AQUA THERAPY Beginner	 9:30-10:30 AM SIT FIT+ Intermediate
 8:30-9:30 AM TOTAL FITNESS Intermediate/Advanced	 8:30-9:00 AM TAI CHI All Levels	 8:30-9:30 AM TOTAL FITNESS Intermediate/Advanced	 8:30-9:00 AM MEDITATION All Levels	 8:30-9:30 AM TOTAL FITNESS Intermediate/Advanced	 11:00-12:00 PM YOGA All Levels
 10:00-10:45 AM SIT FIT Intermediate	 9:45-10:15 AM BODY MOVES Beginner	 10:00-10:45 AM SIT FIT Intermediate	 9:00-9:30 AM TAI CHI All Levels	 10:00-10:45 AM SIT FIT Intermediate	CANCELLATIONS 8/17 All Classes Cancelled 8/30 Chair Massage
 2:00-3:00 PM TAP DANCING Intermediate	 10:30-11:30 AM LINE DANCING Intermediate	 2:00-3:00 PM TAP DANCING Intermediate	 9:45-10:15 AM BODY MOVES Beginners	 NEW CLASS 11:00-11:30 AM BETTER BALANCE All Levels	
			 10:30-11:30 AM LINE DANCING Intermediate		

***** ALL CLASSES CANCELLED ON THURSDAY—August 17th *****