











July 2018 – Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:15 \$ ADVANCED FITNESS 2</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>10:00-12:00-PERSONAL TRAINING, Weight Rm</p> <p>11:15 \$ SITTERSIZE</p> <p>12:30 PHC LECTURE- GRANDPARENTING 101</p> <p>12:30 NO BODY GYM</p> <p>1:30 – 4:15 PING PONG </p> <p>1:45 \$ B.E.S.T</p>	<p>3</p> <p>8:30-4:15 PING PONG</p> <p>9:15 \$ PILATES</p> <p>12:30 \$ AGELESS GRACE</p> <p>1:45-4:15</p> <p>BADMINTON </p>	<p>4</p> <p>HOLIDAY CLOSED</p>	<p>5</p> <p>8:30 – 4:15 PING PONG</p> <p>9:15 \$ NO TAI CHI</p> <p>12:30 \$ POUND</p> <p>1:45 \$ GET FIT</p>	<p>6</p> <p>8:30-4:15 PING PONG</p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERSIZE</p> <p>12:30 BADMINTON </p>
<p>9</p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERSIZE</p> <p>12:30 NO BODY GYM</p> <p>1:30 – 4:15 PING PONG</p> <p>1:45 \$ B.E.S.T</p>	<p>10</p> <p>8:30-4:15 PING PONG</p> <p>9:15 \$ PILATES</p> <p>12:30 \$ AGELESS GRACE LAST SESSION</p> <p>1:45-4:15 BADMINTON</p>	<p>11</p> <p>8:30-4:15 PING PONG</p> <p>9:15 VIDEO FITNESS</p> <p>10:15-VIDEO FITNESS</p> <p>12:30 \$ SCULPTING W/ WEIGHTS </p> <p>1:45-4:15 BADMINTON</p>	<p>12</p> <p>9:15 \$ TAI CHI NEW SESSION</p> <p>10:30 PHC LECTURE- EXERCISE AS WE AGE</p> <p>12:00 – 4:15 PING PONG</p> <p>12:30 \$ POUND</p> <p>1:45 \$ GET FIT</p>	<p>13</p> <p>8:30-4:15 PING PONG</p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERSIZE</p> <p>12:30 BADMINTON</p>
<p>16</p> <p>8:30-4:15 PING PONG</p> <p>9:15 \$ ADVANCED FITNESS </p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:30-1:30-PERSONAL TRAINING, Weight Rm</p> <p>11:15 \$ SITTERSIZE</p> <p>12:30 BODY GYM-NEW SESSION</p> <p>1:45 \$ B.E.S.T</p>	<p>17</p> <p>8:30-4:15 PING PONG</p> <p>9:15 \$ PILATES</p> <p>10:30-4:15 BADMINTON </p>	<p>18</p> <p>8:30-4:15 PING PONG</p> <p>9:15 VIDEO FITNESS</p> <p>12:30 \$ SCULPTING W/ WEIGHTS</p> <p>1:45-4:15 BADMINTON</p>	<p>19</p> <p>8:30 – 4:15 PING PONG</p> <p>9:15 \$ TAI CHI</p> <p>12:30 \$ POUND</p> <p>1:45 \$ GET FIT </p>	<p>20</p> <p>8:30-4:15 PING PONG</p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERSIZE</p> <p>12:30 BADMINTON</p>
<p>23</p> <p>8:30-4:15 PING PONG</p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERSIZE</p> <p>12:30 BODY GYM</p> <p>1:45 \$ B.E.S.T</p>	<p>24</p> <p>8:30-4:30 PING PONG</p> <p>9:15 \$ PILATES</p> <p>10:00-12:00-FREE BLOOD PRESSURE</p> <p>10:30-4:15 BADMINTON</p>	<p>25</p> <p>8:30-4:15 PING PONG</p> <p>9:15 VIDEO FITNESS</p> <p>12:30 \$ SCULPTING W/ WEIGHTS</p> <p>1:45-4:15 BADMINTON</p>	<p>26</p> <p>8:30 – 4:15 PING PONG</p> <p>9:15 \$ TAI CHI</p> <p>12:30 \$ POUND</p> <p>1:45 \$ GET FIT</p>	<p>27</p> <p>8:30-4:15 PING PONG</p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERCISE</p> <p>12:30 BADMINTON</p>
<p>30</p> <p>8:30-4:15 PING PONG</p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERSIZE</p> <p>12:30 BODY GYM</p> <p>1:45 \$ B.E.S.T NEW SESSION</p>	<p>31</p> <p>8:30-4:30 PING PONG</p> <p>9:15 \$ PILATES</p> <p>10:30-4:15 BADMINTON</p> <p></p>	<p>27</p> <p>Join a Class Today!!</p> <p></p>	<p>Gym Open Daily</p> <p>8:30am – 4:15pm</p> <p>Must have Medicals on file & been trained.</p> <p>*Wear Sneakers & Proper Attire</p>	<p>July</p> <p></p>



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