

JULY CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

7

M-Aerobics - 9-10
Osteo - 10-11
Osteo - 11-12
R-Yoga - 12:15-1:15
Line Dancing - 1:30-2:30

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M-Aerobics - 9-10
Computer Q&A - 10
Osteo - 10-11
Osteo - 11-12
E-Yoga - 12-1
Poker - 12-3
Bridge - 1-4

9

Move to be Fit - 9:15-10
Body Grace 10-10:45
Happy Hips & Fab Abs |for Women - 11-11:45
E-Yoga - 12-1

10

R-Yoga - 9:00-10
Osteo - 10-11
Osteo - 11-12
Poker - 12-3

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Move to be Fit - 9:15-10
Hooks & Needles - 10-12
K-Aerobics 10- 10:45
R-Yoga - 11-12:00
E-Yoga - 1-2:00

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M-Aerobics - 9-10
Osteo - 10-11
Osteo - 11-12
R-Yoga - 12:15-1:15
Line Dancing - 1:30-2:30

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M-Aerobics - 9-10
Computer Q&A - 10
Osteo - 10-11
Osteo - 11-12
E-Yoga - 12-1
Poker - 12-3
Bridge - 1-4

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Move to be Fit - 9:15-10
Body Grace 10-10:45
Happy Hips & Fab Abs |for Women - 11-11:45
E-Yoga - 12-1
Poker - 12-3
Mah Jongg 1-

17

R-Yoga - 9:00-10
Osteo - 10-11
Osteo - 11-12
Poker - 12-3
Coloring - 1-3

20

Move to be Fit - 9:15-10
Hooks & Needles - 10-12
K-Aerobics 10- 10:45
R-Yoga - 11-12:00
E-Yoga - 1-2:00

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M-Aerobics - 9-10
Osteo - 10-11
Osteo - 11-12
R-Yoga - 12:15-1:15
Line Dancing - 1:30-2:30

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M-Aerobics - 9-10
Computer Q&A - 10
Osteo - 10-11
Osteo - 11-12
E-Yoga - 12-1
Poker - 12-3
Bridge - 1-4

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Move to be Fit - 9:15-10
Body Grace 10-10:45
Happy Hips & Fab Abs |for Women - 11-11:45
E-Yoga - 12-1
Poker - 12-3
Make & Take Crafts - 12:30
Mah Jongg - 1-4

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R-Yoga - 9:00-10
Osteo - 10-11
Osteo - 11-12
Women's Book Discussion - 11-1
Poker - 12-3

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Move to be Fit - 9:15-10
Hooks & Needles - 10-12
K-Aerobics 10- 10:45
R-Yoga - 11-12:00
E-Yoga - 1-2:00

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M-Aerobics - 9-10
Osteo - 10-11
Osteo - 11-12
R-Yoga - 12:15-1:15
Line Dancing - 1:30-2:30

29

M-Aerobics - 9-10
Computer Q&A - 10
Osteo - 10-11
Osteo - 11-12
E-Yoga - 12-1
Poker - 12-3
Bridge - 1-4

30

Move to be Fit - 9:15-10
Body Grace 10-10:45
Happy Hips & Fab Abs |for Women - 11-11:45
E-Yoga - 12-1
Poker - 12-3
Mah Jongg - 1-4

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R-Yoga - 9:00-10
Osteo - 10-11
Osteo - 11-12
Poker - 12-3
Coloring - 1-3