

# AUGUST 2018 FITNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8:00 Senior Fitness—Beth 1:15 Yoga—Linda 5:30 TBC—Linda	2	3 8:00 Senior Fitness—Linda 9:00 Step & Sculpt—Linda	4
5	6 8:00 Senior Fitness—Beth 9:00 Interval Workout—Janice	7 9:00 TBC—Linda	8 8:00 Senior Fitness—Beth <b>CAC BLOOD DRIVE 11 AM — 5 PM</b>	9	10 8:00 Senior Fitness—Linda 9:00 Step & Sculpt—Traci	11
12	13 9:00 Aerobics— Traci	14 NO CLASSES LITTLE LAMBS SALE WEEK	15 NO CLASSES LITTLE LAMBS SALE WEEK	16 NO CLASSES LITTLE LAMBS SALE WEEK	17 LITTLE LAMBS SALE	18 LITTLE LAMBS SALE
19	20 8:00 Senior Fitness—Beth 9:00 Interval Workout—Janice	21 9:00 Step & Sculpt—Traci	22 8:00 Senior Fitness—Beth 1:30 Yoga—Linda 5:30 TBC—Linda	23	24 8:00 Senior Fitness—Janice 9:00 Step & Sculpt—Janice	25
26	27 8:00 Senior Fitness—Beth 9:00 Aerobics— Janice	28 9:00 Step & Sculpt—Linda	29 8:00 Senior Fitness—Beth 1:30 Yoga—Fleta 5:30 Pilates—Traci	30	31 8:00 Senior Fitness—Janice 9:00 Step & Sculpt—Beverly	