

JULY 2018 FITNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 NO CLASSES	3 NO CLASSES	4 CAC CLOSED Have a happy & safe Fourth of July!	5	6 NO CLASSES	7
8	9 8:00 Senior Fitness—Beth/ Janice 9:00 Interval Workout—Janice	10 9:00 Step & Sculpt—Linda	11 8:00 Senior Fitness—Beth 1:15 Yoga—Linda 5:30 TBC—Linda	12	13 8:00 Senior Fitness—Janice 9:00 Step & Sculpt—Linda	14
15	16 8:00 Senior Fitness—Beth 9:00 Aerobics Workout—Janice	17 9:00 Step & Sculpt—Traci	18 8:00 Senior Fitness—Beth 1:15 Yoga—Linda 5:30 Pilates—Traci	19	20 8:00 Senior Fitness—Janice 9:00 Step & Sculpt—Beverly	21
22	23 8:00 Senior Fitness—Beth 9:00 Interval Workout—Janice	24 9:00 Step & Sculpt—Traci	25 8:00 Senior Fitness—Beth 1:15 Yoga—Linda 5:30 Pilates—Traci	26	27 8:00 Senior Fitness—Linda 9:00 Step & Sculpt—Beverly	28
29	30 8:00 Senior Fitness—Beth 9:00 Aerobics Workout—Traci	31 9:00 Step & Sculpt—Linda				