



# August 2019 Fitness Studio

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> <b>10am - 11am</b> <b>Tai Chi/Laughter</b> <b>Yoga</b>	<b>2</b> <b>Open</b>	<b>3</b> <b>8am - 9:20am</b> <b>Core &amp; Stretch</b>
<b>4</b> <b>Open</b>	<b>5</b>  <b>6:30pm - 7:30pm</b> <b>Zumba</b>	<b>6</b> <b>10am - 11am</b> <b>Tai Chi/Laughter</b> <b>Yoga</b>	<b>7</b>  <b>6:30pm - 7:30pm</b> <b>Zumba</b>	<b>8</b> <b>10am - 11am</b> <b>Tai Chi/Laughter</b> <b>Yoga</b>	<b>9</b> <b>Open</b>	<b>10</b> <b>8am - 9:20am</b> <b>Core &amp; Stretch</b>
<b>11</b> <b>Open</b>	<b>12</b>  <b>6:30pm - 7:30pm</b> <b>Zumba</b>	<b>13</b> <b>10am - 11am</b> <b>Tai Chi/Laughter</b> <b>Yoga</b>	<b>14</b>  <b>6:30pm - 7:30pm</b> <b>Zumba</b>	<b>15</b> <b>10am - 11am</b> <b>Tai Chi/Laughter</b> <b>Yoga</b>	<b>16</b> <b>Open</b>	<b>17</b> <b>8am - 9:20am</b> <b>Core &amp; Stretch</b>
<b>18</b> <b>Open</b>	<b>19</b>  <b>6:30pm - 7:30pm</b> <b>Zumba</b>	<b>20</b> <b>10am - 11am</b> <b>Tai Chi/Laughter</b> <b>Yoga</b>	<b>21</b>  <b>6:30pm - 7:30pm</b> <b>Zumba</b>	<b>22</b> <b>10am - 11am</b> <b>Tai Chi/Laughter</b> <b>Yoga</b>	<b>23</b> <b>Open</b>	<b>24</b> <b>8am - 9:20am</b> <b>Core &amp; Stretch</b>
<b>25</b> <b>Open</b>	<b>26</b>  <b>6:30pm - 7:30pm</b> <b>Zumba</b>	<b>27</b> <b>10am - 11am</b> <b>Tai Chi/Laughter</b> <b>Yoga</b>	<b>28</b>  <b>6:30pm - 7:30pm</b> <b>Zumba</b>	<b>29</b> <b>10am - 11am</b> <b>Tai Chi/Laughter</b> <b>Yoga</b>	<b>30</b> <b>Open</b>	<b>31</b> <b>8am - 9:20am</b> <b>Core &amp; Stretch</b>

**Times not designated are for “Open Use”**  
**However, the schedule could change without prior notice**