



# August 2019 Social Hall Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1  7pm - 8pm TABATA	2 8:30am-9:15am SilverSneakers 9:30am-10:15am Group Strength 6:15pm -7pm Group Strength MA Adults 7pm-8pm	3 12pm - 1pm Adult Martial Arts 1pm - 2pm Youth Martial Arts
4 Open	5 8:30am-9:15am SilverSneakers 9:30am-10:15am Group Strength 6:15pm -7pm Group Strength MA Adults 7pm-8pm	6  7pm - 8pm TABATA	7 8:30am-9:15am SilverSneakers 9:30am-10:15am Group Strength 6:15pm -7pm Group Strength MA Adults 7pm-8pm	8  7pm - 8pm TABATA	9 8:30am-9:15am SilverSneakers 9:30am-10:15am Group Strength 6:15pm -7pm Group Strength MA Adults 7pm-8pm	10 12pm - 1pm Adult Martial Arts 1pm - 2pm Youth Martial Arts
11 Open	12 8:30am-9:15am SilverSneakers 9:30am-10:15am Group Strength 6:15pm -7pm Group Strength MA Adults 7pm-8pm	13  7pm - 8pm TABATA	14 8:30am-9:15am SilverSneakers 9:30am-10:15am Group Strength 6:15pm -7pm Group Strength MA Adults 7pm-8pm	15  7pm - 8pm TABATA	16 8:30am-9:15am SilverSneakers 9:30am-10:15am Group Strength 6:15pm -7pm Group Strength MA Adults 7pm-8pm	17 12pm - 1pm Adult Martial Arts 1pm - 2pm Youth Martial Arts
18 Open	19 8:30am-9:15am SilverSneakers 9:30am-10:15am Group Strength 6:15pm -7pm Group Strength MA Adults 7pm-8pm	20  7pm - 8pm TABATA	21 8:30am-9:15am SilverSneakers 9:30am-10:15am Group Strength 6:15pm -7pm Group Strength MA Adults 7pm-8pm	22  7pm - 8pm TABATA	23 8:30am-9:15am SilverSneakers 9:30am-10:15am Group Strength 6:15pm -7pm Group Strength MA Adults 7pm-8pm	24 12pm - 1pm Adult Martial Arts 1pm - 2pm Youth Martial Arts
25 Open	26 8:30am-9:15am SilverSneakers 9:30am-10:15am Group Strength 6:15pm -7pm Group Strength MA Adults 7pm-8pm	27  7pm - 8pm TABATA	28 8:30am-9:15am SilverSneakers 9:30am-10:15am Group Strength 6:15pm -7pm Group Strength MA Adults 7pm-8pm	29  7pm - 8pm TABATA	30 8:30am-9:15am SilverSneakers 9:30am-10:15am Group Strength 6:15pm -7pm Group Strength MA Adults 7pm-8pm	31 12pm - 1pm Adult Martial Arts 1pm - 2pm Youth Martial Arts

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