August 2014

FITNESS, DANCE, AND EXERCISE SCHEDULE
(SUBJECT TO CHANGE WITHOUT NOTICE)

August 2014

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September 2014

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

	Monday	Tuesday	Wednesday	Thursday	Friday
Jul 28 - Aug 1	**Jul 28**	**29**	**30**	**31**	**Aug 1** 9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Lisa 1:00pm Total Body Solution w/Suzanne 2:30pm Total Body Solution Beg. w/Suzanne
Aug 4 - 8	**4** 9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Lisa	**5** 9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa	**6** 9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne 2:30pm Total Body Solution Beg. w/Suzanne	**7** 9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan 12:00pm Zumba Gold w/Patty	**8** 9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Lisa 1:00pm Total Body Solution w/Suzanne 2:30pm Total Body Solution Beg. w/Suzanne
Aug 11 - 15	**11** 9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Lisa	**12** 9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa	**13** 9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	**14** 9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	**15** 10:30am Shaping Up - Sitting Down w/Lisa 1:00pm Total Body Solution w/Suzanne
Aug 18 - 22	**18** 10:30am Shaping Up - Sitting Down w/Lisa	**19** 9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa	**20** 9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	**21** 9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan 12:00pm Zumba Gold w/Patty	**22** 9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Lisa 1:00pm Total Body Solution w/Suzanne
Aug 25 - 29	**25**	**26**	**27** 10:30am Feeling Great Video	**28**	**29**