




AUGUST 2017 – Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NEW MONTH NEW MINDSET NEW FOCUS NEW INTENSIONS NEW RESULTS</p>	<p>1</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:30 – PING PONG 9:15- \$ PILATES 10:30 – \$ CHAIR YOGA 12:30-\$ AGELESS GRACE FITNESS 1:45 – 4:15 – BADMINTON</p> 	<p>2</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – VIDEO FITNESS 10:15-VIDEO FITNESS 12:30 – \$ SCULPTING WITH WEIGHTS 1:45 – 4:15 – BADMINTON</p>	<p>3</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ TAI CHI 10:30 – \$ YOGA 1:45 – \$ GET FIT</p> 	<p>4</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE</p>
<p>7</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 12:00 – PING PONG THEN 1:45-4:15 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 10:00 to 12:00 – PERSONAL TRAINING, Weight Rm 11:15 – \$ SITTERSIZE 12:30-PHC LECTURE- INSOMNIA/SLEEP DISORDERS 12:30 – BODY GYM CLASS 1:45 – \$ B.E.S.T (BALANCE, STRETCH, TONING)</p>	<p>8</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15-\$ PILATES 10:30 – \$ CHAIR YOGA- 12:30-\$ AGELESS GRACE FITNESS 1:45 – 4:15 – BADMINTON</p> 	<p>9</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – VIDEO FITNESS 10:15-VIDEO FITNESS 12:30 – \$ SCULPTING WITH WEIGHTS 1:45 – 4:15 – BADMINTON</p>	<p>10</p> <p>8:30 – 4:15 GYM OPEN 9:15 – \$ TAI CHI 10:30 – \$ YOGA 10:45 – PHC HEALTH LECTURE- FALL RISKS 12:00-4:15 PING PONG 1:45 – \$ GET FIT</p>	<p>11</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE</p> 
<p>14</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 12:00 – PING PONG THEN 1:45-4:15 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 12:30 - BODY GYM CLASS 1:45 – \$ B.E.S.T (BALANCE, STRETCH, TONING)</p>	<p>15</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 12:00 – PING PONG 9:15-\$ PILATES 10:00 – 12:00 - PHC-BLOOD PRESSURE CHECK 10:30 – \$ CHAIR YOGA 12:30-\$ AGELESS GRACE FITNESS 12:30 -4:15 PING PONG 1:45 – 4:15 - BADMINTON</p>	<p>16</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – VIDEO FITNESS 10:15- VIDEO FITNESS 12:30 – \$ SCULPTING WITH WEIGHTS 1:45 – 4:15 – BADMINTON</p> 	<p>17</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ TAI CHI, NEW SESSION 10:30 – \$ YOGA 1:45 – \$ GET FIT, NEW SESSION</p> 	<p>18</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE</p>
<p>21</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 11:30 to 1:30 – PERSONAL TRAINING, Weight Rm 12:30 - BODY GYM CLASS, NEW SESSION 1:45 – \$ B.E.S.T (BALANCE, STRETCH, TONING)</p> 	<p>22</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:30 – PING PONG 9:15- \$ PILATES 10:30 – \$ CHAIR YOGA 12:30-\$ AGELESS GRACE FITNESS 1:45 – 4:15 – BADMINTON</p>	<p>23</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – VIDEO FITNESS 10:15-VIDEO FITNESS 12:00 – 4:15 PING PONG 12:30 – \$ SCULPTING W/ WEIGHTS, NEW SESSION 1:45 – 4:15 – BADMINTON</p>	<p>24</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ TAI CHI 10:30 – \$ YOGA, NEW SESSION 1:45 – \$ GET FIT</p>	<p>25</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE</p>
<p>28</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE</p> <p>12:30 – BODY GYM CLASS 1:45 – \$ B.E.S.T (BALANCE, STRETCH, TONING)</p> 	<p>29</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:30 – PING PONG 9:15- \$ PILATES, NEW 10:30 – \$ CHAIR YOGA 12:30-\$ AGELESS GRACE FITNESS 1:45 – 4:15 – BADMINTON</p>	<p>30</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – VIDEO FITNESS 10:15 -VIDEO FITNESS 12:00 – 4:15 PING PONG 12:30 – \$ SCULPTING WITH WEIGHTS 1:45 – 4:15 – BADMINTON</p>	<p>31</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ TAI CHI 10:30 – \$ YOGA 1:45 – \$ GET FIT</p> 	<p>Active adults get results join a class today!!</p>



**Focus on
your goal.**

**Don't look
in any
direction
but ahead.**