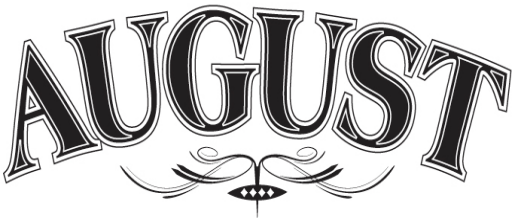








August 2018 – Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Gym Open Daily 8:30am – 4:15pm Must have Medicals on file & been trained.</p> <p><u>*Wear Sneakers & Proper Attire</u></p>	<p>1</p> <p>8:30–4:15 PING PONG 9:15 VIDEO FITNESS 12:30 \$ SCULPTING W/ WEIGHTS 1:45–4:15 BADMINTON</p>	<p>2</p> <p>8:30 – 4:15 PING PONG 9:15 \$ TAI CHI 12:30 \$ POUND 1:45 \$ GET FIT</p>	<p>3</p> <p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 BADMINTON</p> 
<p>7</p> <p>9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 10:00-12:00–PERSONAL TRAINING, Weight Rm 11:15 \$ SITTERSIZE 12:30 PHC LECTURE- Getting back into the swing 12:30 BODY GYM 1:30 – 4:15 PING PONG 1:45 \$ B.E.S.T</p> 	<p>7</p> <p>8:30–4:15 PING PONG 9:15 \$ PILATES 10:30–4:15 BADMINTON</p> 	<p>8</p> <p>8:30–4:15 PING PONG 9:15 VIDEO FITNESS 12:30 \$ SCULPTING W/ WEIGHTS 1:45–4:15 BADMINTON</p> 	<p>9</p> <p>9:15 \$ TAI CHI 10:30 PHC LECTURE- Get Balanced 12:00 – 4:15 PING PONG 12:30 \$ POUND 1:45 \$ GET FIT</p>	<p>10</p> <p>8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 BADMINTON</p>
<p>13</p> <p>8:30 – 4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 BODY GYM 1:45 \$ B.E.S.T</p>	<p>14</p> <p>8:30–4:15 PING PONG 9:15 \$ PILATES 10:30–4:15 BADMINTON</p> 	<p>15</p> <p>8:30–4:15 PING PONG 9:15 VIDEO FITNESS 12:30 \$ SCULPTING W/ WEIGHTS 1:45–4:15 BADMINTON</p>	<p>16</p> <p>8:30 – 4:15 PING PONG 9:15 \$ TAI CHI 12:30 \$ POUND- NEW SESSION 1:45 \$ GET FIT</p> 	<p>17</p> <p>8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 BADMINTON</p>
<p>20</p> <p>8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:30-1:30–PERSONAL TRAINING, Weight Rm 11:15 \$ SITTERSIZE 12:30 BODY GYM 1:45 \$ B.E.S.T</p> 	<p>21</p> <p>8:30–4:30 PING PONG 9:15 \$ PILATES, NEW SESSION 10:00–12:00-FREE BLOOD PRESSURE 10:30–4:15 BADMINTON</p>	<p>22</p> <p>8:30–4:15 PING PONG 9:15 VIDEO FITNESS 12:30 \$ SCULPTING W/ WEIGHTS 1:45–4:15 BADMINTON</p>	<p>23</p> <p>8:30 – 4:15 PING PONG 9:15 \$ TAI CHI 12:30 \$ POUND 1:45 \$ GET FIT - NEW SESSION</p>	<p>24</p> <p>8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERCISE 12:30 BADMINTON</p>
<p>27</p> <p>8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 BODY GYM 1:45 \$ B.E.S.T</p>	<p>28</p> <p>8:30–4:30 PING PONG 9:15 \$ PILATES 10:30–4:15 BADMINTON</p> 	<p>29</p> <p>8:30–4:15 PING PONG 9:15 VIDEO FITNESS 12:30 \$ SCULPTING W/ WEIGHTS 1:45–4:15 BADMINTON</p>	<p>30</p> <p>8:30 – 4:15 PING PONG 9:15 \$ TAI CHI 12:30 \$ POUND 1:45 \$ GET FIT</p>	<p>31</p> <p>8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERCISE 12:30 BADMINTON</p>

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