






# JULY 2017 – Wellness Center

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|
| <p style="text-align: right;"><b>3</b></p> <p>8:30 – 4:15 –GYM OPEN<br/>           8:30 – 12:00– PING PONG THEN 1:45-4:15<br/>           9:15 – \$ ADVANCED FITNESS<br/>           10:15 – \$ INTER/BEG FITNESS<br/> <b>10:00 to 12:00–PERSONAL TRAINING, Weight Rm</b><br/>           11:15 – \$ SITTERSIZE<br/> <b>12:30-PHC LECTURE-CROHNS DISEASE</b><br/>           12:30 – BODY GYM CLASS<br/> <b>1:45 – \$ B.E.S.T (BALANCE, STRETCH, TONING)</b></p>                       | <p style="text-align: right;"><b>4</b></p> <div style="text-align: center;">  <p><b>CLOSED FOR HOLIDAY</b></p> </div>  | <p style="text-align: right;"><b>5</b></p> <p>8:30 – 4:15 – GYM OPEN<br/>           8:30 – 4:15 – PING PONG<br/>           9:15 – VIDEO FITNESS<br/>           10:15-VIDEO FITNESS<br/>           12:30 – \$ SCULPTING WITH WEIGHTS<br/>           2:00 – 4:15 – BADMINTON</p>   | <p style="text-align: right;"><b>6</b></p> <div style="text-align: center;">  </div> <p>8:30 – 4:15–GYM OPEN<br/>           8:30 – 4:15–PING PONG<br/>           9:15 – \$ TAI CHI<br/>           10:30 –<b>NO</b> YOGA<br/>           1:45 – \$ GET FIT</p>       | <p style="text-align: right;"><b>7</b></p> <p>8:30 – 4:15 GYM OPEN<br/>           8:30 – 4:15 PING PONG<br/>           9:15 – \$ ADVANCED FITNESS<br/>           10:15 – \$ INTER/BEG FITNESS<br/>           11:15 – \$ SITTERSIZE<br/>           2:30 – 4:15–OPEN BALLROOM DANCE</p>  |
| <p style="text-align: right;"><b>10</b></p> <p>8:30 – 4:15 –GYM OPEN<br/>           8:30 – 12:00– PING PONG THEN 1:45-4:15<br/>           9:15 – \$ ADVANCED FITNESS<br/>           10:15 – \$ INTER/BEG FITNESS<br/>           11:15 – \$ SITTERSIZE<br/>           12:30 <b>NO</b> BODY GYM<br/> <b>12:30 B.E.S.T. DEMO</b><br/> <b>1:45 – \$ B.E.S.T (BALANCE, STRETCH, TONING) DEMO</b></p>  | <p style="text-align: right;"><b>11</b></p> <p>8:30 – 4:15 – GYM OPEN<br/>           8:30 – 4:15 – PING PONG<br/>           9:15-\$ PILATES<br/> <b>10:30 – \$ CHAIR YOGA- NEW SESSION</b><br/> <b>12:30-\$ AGELESS GRACE FITNESS- NEW SESSION</b><br/>           1:30 –<b>NO-</b> \$TAP DANCE<br/>           1:45 – 4:15 – BADMINTON</p>  | <p style="text-align: right;"><b>12</b></p> <p>8:30 – 4:15 – GYM OPEN<br/>           8:30 – 4:15 – PING PONG<br/>           9:15 – VIDEO FITNESS<br/>           10:15-VIDEO FITNESS<br/>           12:30 – \$ SCULPTING WITH WEIGHTS<br/>           2:00 – 4:15–BADMINTON</p> <div style="text-align: center;">  </div> | <p style="text-align: right;"><b>13</b></p> <p>8:30 – 4:15 GYM OPEN<br/>           8:30 – 12:00- PING PONG<br/>           9:15 – \$ TAI CHI<br/>           10:30 – <b>NO-\$</b> YOGA<br/> <b>12:30-PHC HEALTH LECTURE-OSTEOARTHRITIS</b><br/>           1:30 – 4:15 PING PONG<br/>           1:45 – \$ GET FIT<br/>           1:45-4:15-PING PONG</p> | <p style="text-align: right;"><b>14</b></p> <p>8:30 – 4:15 GYM OPEN<br/>           8:30 – 4:15 PING PONG<br/>           9:15 – \$ ADVANCED FITNESS<br/>           10:15 – \$ INTER/BEG FITNESS<br/>           11:15 – \$ SITTERSIZE<br/>           2:30 – 4:15–OPEN BALLROOM DANCE</p> <div style="text-align: right;">  </div> |
| <p style="text-align: right;"><b>17</b></p> <p>8:30 – 4:15 –GYM OPEN<br/>           8:30 – 4:15 – PING PONG<br/>           9:15 – \$ ADVANCED FITNESS<br/>           10:15 – \$ INTER/BEG FITNESS<br/>           11:15 – \$ SITTERSIZE<br/> <b>11:30 to 1:30–PERSONAL TRAINING, Weight Rm</b><br/> <b>12:30 NO</b> BODY GYM<br/>           1:45 – \$ B.E.S.T (BALANCE, STRETCH, TONING)</p>  | <p style="text-align: right;"><b>18</b></p> <p>8:30 – 4:15 – GYM OPEN<br/>           8:30 – 12:00 – PING PONG<br/>           9:15-\$ PILATES<br/> <b>12:00- PHC-BLOOD PRESSURE CHECK</b><br/>           10:30 – \$ CHAIR YOGA<br/>           12:30-\$ AGELESS GRACE FITNESS<br/>           12:30 –4:15 PING PONG<br/>           1:30 –<b>NO-</b>\$ TAP DANCE<br/>           1:45 – 4:15 - BADMINTON</p> <div style="text-align: right;">  </div> | <p style="text-align: right;"><b>19</b></p> <p>8:30 – 4:15 – GYM OPEN<br/>           8:30 – 4:15 – PING PONG<br/> <b>9:00 – 12:00 FARMER'S MARKET DISTRIBUTION</b><br/> <b>9:15–NO VIDEO FITNESS</b><br/> <b>10:15–NO VIDEO FITNESS</b><br/>           12:30 – \$ SCULPTING WITH WEIGHTS<br/>           2:00 – 4:15 – BADMINTON</p>  | <p style="text-align: right;"><b>20</b></p> <p>8:30 – 4:15 GYM OPEN<br/>           8:30 – 4:15 – PING PONG<br/>           9:15 – \$ TAI CHI<br/>           10:30 – \$ YOGA<br/>           1:45 – \$ GET FIT</p> <div style="text-align: center;">  </div>          | <p style="text-align: right;"><b>21</b></p> <p>8:30 – 4:15 GYM OPEN<br/>           8:30 – 4:15 PING PONG<br/>           9:15 – \$ ADVANCED FITNESS<br/>           10:15 – \$ INTER/BEG FITNESS<br/>           11:15 – \$ SITTERSIZE<br/>           2:30 – 4:15–OPEN BALLROOM DANCE</p>   |
| <p style="text-align: right;"><b>24</b></p> <p>8:30 – 4:15 –GYM OPEN<br/>           8:30 – 4:15 – PING PONG<br/>           9:15 – \$ ADVANCED FITNESS<br/>           10:15 – \$ INTER/BEG FITNESS<br/>           11:15 – \$ SITTERSIZE</p> <div style="text-align: center;">  </div> <p>12:30 – BODY GYM CLASS<br/>           1:45 – \$ B.E.S.T (BALANCE, STRETCH, TONING)</p>                  | <p style="text-align: right;"><b>25</b></p> <p>8:30 – 4:15 – GYM OPEN<br/>           8:30 – 4:30 – PING PONG<br/>           9:15- \$ PILATES<br/>           10:30 – \$ CHAIR YOGA<br/>           12:30-\$ AGELESS GRACE FITNESS<br/>           1:30 –<b>NO</b> -\$ TAP DANCE<br/>           1:45 – 4:15 – BADMINTON</p>  | <p style="text-align: right;"><b>26</b></p> <p>8:30 – 4:15 – GYM OPEN<br/>           8:30 – 10:00 – PING PONG<br/>           9:15 – VIDEO FITNESS<br/>           10:15-VIDEO FITNESS<br/> <b>10:30 PHC LECTURE-JOINT REPLACEMENT</b><br/>           12:00 – 4:15 PING PONG<br/>           12:30 – \$ SCULPTING WITH WEIGHTS<br/>           2:00 – 4:15–BADMINTON</p>                                       | <p style="text-align: right;"><b>27</b></p> <p>8:30 – 4:15 GYM OPEN<br/>           8:30 – 4:15 – PING PONG<br/>           9:15 – \$ TAI CHI<br/>           10:30 – \$ YOGA<br/>           1:45 – \$ GET FIT</p>   | <p style="text-align: right;"><b>28</b></p> <p>8:30 – 4:15 GYM OPEN<br/>           8:30 – 4:15 PING PONG<br/>           9:15 – \$ ADVANCED FITNESS<br/>           10:15 – \$ INTER/BEG FITNESS<br/>           11:15 – \$ SITTERSIZE<br/>           2:30 – 4:15–OPEN BALLROOM DANCE</p>   |
| <p style="text-align: right;"><b>31</b></p> <p>8:30 – 4:15 –GYM OPEN<br/>           8:30 – 4:15 – PING PONG<br/>           9:15 – \$ ADVANCED FITNESS<br/>           10:15 – \$ INTER/BEG FITNESS<br/>           11:15 – \$ SITTERSIZE<br/>           12:30 – BODY GYM CLASS<br/> <b>1:45 – \$ B.E.S.T (BALANCE, STRETCH, TONING)-NEW SESSION</b></p> <div style="text-align: center;">  </div> | <div style="text-align: center;">  </div>   | <p style="text-align: center;"><b>Focus on your goal.</b></p> <p style="text-align: center;"><b>Don't look in any direction but ahead.</b></p>   | <p style="text-align: center;"><b>Active adults get results join a class today!!</b></p>  |  |



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your goal.**

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