

August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:00 Tai Chi	2 8:15 Fitness 9:00 Fitness 9:30 Ageless Grace 2:00 Exercisin' with therapy	3 9:15 Seated Yoga 10:00 Water fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit	4 8:15 Fitness 9:00 Fitness 10:00 Water in Motion
7 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Combo Yoga	8 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:00 Tai chi	9 8:15 Fitness 9:00 Fitness 9:30 Ageless Grace 2:00 Exercisin' with therapy	10 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit	11 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation practice group
14 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Combo Yoga	15 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:00 Tai Chi	16 8:15 Fitness 9:00 Fitness 9:30 Ageless Grace 2:00 Exercisin' with therapy	17 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit	18 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 11:00 Meditation Class 2:00 Meditation practice group
21 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Combo Yoga	22 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:00 Tai chi	23 8:15 Fitness 9:00 Fitness 9:30 Ageless Grace 2:00 Exercisin' with therapy	24 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit	25 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 11:00 Meditation class 2:00 Meditation practice group
28 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Combo Yoga	29 9:15 Seated Yoga 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit	30 8:15 Fitness 9:00 Fitness 9:30 Ageless Grace 2:00 Exercisin' with therapy	31 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit	Classes highlighted in red are held in the Lakeside Essence lounge Classes highlighted in blue are held in our Oakside Group Exercise Room

