

August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> ➤ Classes highlighted in red are held in the blue are held in the Oakside (group, exercise room) located next to Wellness Center ➤ Classes highlighted in red are held in the Lakeside Essence lounge ➤ Ping Pong is held in the Lakeside Essence lounge on Thursday @ 3:00PM <p style="color: red;">All ability levels welcome. No Ping Pong 22nd & 29th</p> <p>Please observe calendar for any class cancelations or changes</p>			<p>1</p> <p>9:15 Seated Yoga</p> <p>9:30 Bone Builders</p> <p>10:00 Water Fitness</p> <p>10:30 Combo Yoga</p> <p>1:00 BBB (Brain, Body, Balance)</p>	<p>2</p> <p>8:15 Fitness</p> <p>9:00 Fitness</p> <p>10:00 Water in Motion</p> <p>2:00 Meditation</p>
<p>5</p> <p>8:15 Fitness</p> <p>9:00 Fitness</p> <p>10:30 Exercisin' with therapy</p> <p>2:30 Combo Yoga</p>	<p>6</p> <p>10:00 Water Fitness</p> <p>10:30 Combo Yoga</p> <p>11:30 Bone Builders</p> <p>1:00 Sit and b fit</p> <p>1:30 Tai Chi</p>	<p>7</p> <p>8:15 Fitness</p> <p>9:00 Fitness</p> <p>10:00 Seated Flow</p> <p>2:00 Exercisin' with therapy</p>	<p>8</p> <p>9:15 Seated Yoga</p> <p>10:00 Water Fitness</p> <p>10:30 Combo Yoga</p> <p>11:30 Bone Builders</p> <p>1:00 BBB</p>	<p>9</p> <p>No Fitness</p> <p>2:00 Meditation</p>
<p>12</p> <p>No Fitness</p> <p>10:30 Exercisin' with therapy</p> <p>2:30 Combo Yoga</p>	<p>13</p> <p>10:30 Combo Yoga</p> <p>11:30 Bone Builders</p> <p>1:30 Tai Chi</p>	<p>14</p> <p>No Fitness</p> <p>2:00 Exercisin' with therapy</p>	<p>15</p> <p>9:15 Seated Yoga</p> <p>10:00 Water Fitness</p> <p>10:30 Combo Yoga</p> <p>11:30 Bone Builders</p> <p>1:00 BBB</p>	<p>16</p> <p>8:15 Fitness</p> <p>9:00 Fitness</p> <p>10:00 Water in Motion</p> <p>2:00 Meditation</p>
<p>19</p> <p>8:15 Fitness</p> <p>9:00 Fitness</p> <p>10:30 Exercisin' with therapy</p> <p>2:30 Combo Yoga</p>	<p>20</p> <p>10:00 Water Fitness</p> <p>10:30 Combo Yoga</p> <p>11:30 Bone Builders</p> <p>1:00 Sit and b fit</p>	<p>21</p> <p>8:15 Fitness</p> <p>9:00 Fitness</p> <p>10:00 Seated Flow</p> <p>2:00 Exercisin' with therapy</p>	<p>22</p> <p>9:15 Seated Yoga</p> <p>10:00 Water Fitness</p> <p>10:30 Combo Yoga</p> <p>11:30 Bone Builders</p> <p>1:00 BBB</p>	<p>23</p> <p>8:15 Fitness</p> <p>9:00 Fitness</p> <p>10:00 Water in Motion</p> <p>2:00 Meditation</p>
<p>26</p> <p>8:15 Fitness</p> <p>9:00 Fitness</p> <p>10:30 Exercisin' with therapy</p> <p>2:30 Combo Yoga</p>	<p>27</p> <p>10:00 Water Fitness</p> <p>10:30 Combo Yoga</p> <p>11:30 Bone Builders</p> <p>1:00 Sit and b fit</p>	<p>28</p> <p>8:15 Fitness</p> <p>9:00 Fitness</p> <p>10:00 Seated Flow</p> <p>2:00 Exercisin' with therapy</p>	<p>29</p> <p>9:15 Seated Yoga</p> <p>10:00 Water Fitness</p> <p>10:30 Combo Yoga</p> <p>11:30 Bone Builders</p> <p>1:00 BBB</p>	<p>30</p> <p>8:15 Fitness</p> <p>9:00 Fitness</p> <p>10:00 Water in Motion</p> <p>2:00 Meditation</p>