


JULY 2025

>Classes in **RED** will be held at the **Lakeside Essence Lounge**

>Classes in **BLUE** will be held at the **Oakside Group Exercise Room**

>**Meditation held in the Chapel.**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 Sit and B Fit 1:30 Tai Chi	2 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercising with therapy	3 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 11:00 Learn to Meditate 1:00 BBB (brain, body, Balance)	4 NO CLASSES TODAY HAPPY 4TH OF JULY HAPPY 4TH OF JULY HAPPY 4TH OF JULY HAPPY 4TH OF JULY
7 8:15 Fitness 9:00 Fitness NO- Exercising with therapy 2:30 Combo Yoga	8 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 Sit and B Fit 1:30 Tai Chi	9 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercising with therapy	10 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 11:00 Learn to Meditate 1:00 BBB (brain, body, Balance)	11 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
14 8:15 Fitness 9:00 Fitness 10:30 Exercising with therapy 2:30 Combo Yoga	15 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 Sit and B Fit 1:30 Tai Chi	16 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercising with therapy	17 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 BBB (brain, body, Balance)	18 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
21 8:15 Fitness 9:00 Fitness 10:30 Exercising with therapy 2:30 Combo Yoga	22 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 Sit and B Fit 1:30 Tai Chi	23 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercising with therapy	24 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 BBB (brain, body, Balance)	25 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation

28 8:15 Fitness 9:00 Fitness 10:30 Exercising with therapy 2:30 Combo Yoga	29 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 Sit and B Fit 1:30 Tai Chi	30 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercising with therapy	31 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 BBB (brain, body, Balance)	
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