

July Wellness Calendar 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Yoga	4 1:00 Tai Chi Happy Fourth Of July!	5 8:15 Fitness 9:00 Fitness 2:00 Exercisin' with therapy	6 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit	7 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
10 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Yoga	11 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:00 Tai Chi	12 8:15 Fitness 9:00 Fitness 2:00 Exercisin' with therapy	13 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit	14 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
17 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Yoga	18 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:00 Tai Chi	19 8:15 Fitness 9:00 Fitness 2:00 Exercisin' with therapy	20 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 1:00 Sit and b fit	21 8:15 Fitness canceled 9:00 Fitness canceled 10:00 No Water in Motion 11:00-12:00 Music Meditation
24 8:15 Fitness 9:00 Fitness 2:30 Yoga	25 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:00 Tai Chi	26 8:15 Fitness 9:00 Fitness 9:30 Ageless Grace 2:00 Exercisin' with therapy	27 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit	28 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Mediation
31 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Yoga	Classes Highlighted in blue are held in our Oakside Group Exercise Room. Classes Highlighted in Red are held in our Lakeside Essence Lounge. Meditation is held in our Garden Of Life Chapel Exercisin' with therapy will be cancelled Monday July 24 th All classes with the exception of Tai Chi will be cancelled on July 4 th in observance of July 4th Ageless Grace will be cancelled July 5 th ,12 th & 19 th Come Join a informal social ping pong group held on Thursday's @ 3PM on the Lakeside Essence lounge All fitness classes will be cancelled July 21 st Bone Builder is cancelled July 20th			

