

## July 2024

<b>1</b> 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Combo Yoga	<b>2</b> 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:30 Tai Chi	<b>3</b> 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercisin' with therapy	<b>4</b> No Fitness Classes Happy 4 <sup>th</sup> Of July	<b>5</b> 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Mediation
<b>8</b> 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Combo Yoga	<b>9</b> 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:30 Tai Chi	<b>10</b> 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercisin' with therapy	<b>11</b> 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 BBB ( Brain, Body & Balance )	<b>12</b> 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
<b>15</b> No Fitness 10:30 Exercisin' with therapy 2:30 Combo Yoga	<b>16</b> 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:30 Tai Chi	<b>17</b> 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercisin' with therapy	<b>18</b> 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 BBB (Brain, Body & Balance )	<b>19</b> 8:15 Fitness 9:00 Fitness 10:00 Water In Motion 2:00 Meditation
<b>22</b> 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Combo Yoga	<b>23</b> 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:30 Tai Chi	<b>24</b> 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercisin' with therapy	<b>25</b> 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 BBB (Brain, Body & Balance)	<b>26</b> 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
<b>29</b> 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Combo	<b>30</b> 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit No Tai Chi	<b>31</b> 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercisin' with therapy	Classes highlighted in red are held in the Lakeside Essence lounge. Classes highlighted in blue are held in the Oaks Group Exercise Room.	

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