

July Events



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5 Kids Exercising 10:00am – 10:30am	6 Tai Chi 12:00pm – 1:00pm	7	8 Semi-Private Training Demo 9:30am – 10:30am Tread & Shred Demo 9:00am – 9:30am 10:00am - 10:30am
9	10 Beginners Pilates Reformer 12:00pm – 1:00pm	11 Tai Chi 12:00pm – 1:00pm	12 Kids Exercising 10:00am – 10:30am	13 Tai Chi 12:00pm – 1:00pm	14	15 Semi-Private Training Demo 9:30am – 10:30am
16	17 Beginners Pilates Reformer 12:00pm – 1:00pm	18 Tai Chi 12:00pm – 1:00pm	19 Kids Exercising 10:00am – 10:30am	20 Tai Chi 12:00pm – 1:00pm	21	22 Semi-Private Training Demo 9:30am – 10:30am
23	24 Beginners Pilates Reformer 12:00pm – 1:00pm	25 Tai Chi 12:00pm – 1:00pm	26 Kids Exercising 10:00am – 10:30am	27 Tai Chi 12:00pm – 1:00pm	28	29 Semi-Private Training Demo 9:30am – 10:30am
30	31 Beginners Pilates Reformer 12:00pm – 1:00pm					July 1 - Body Composition/ Nutrition July 8 - Resistance Concepts July 15 - Cardiovascular Concepts July 22 - Flexibility Concepts 8:00am – 8:30am

Member & Community Education Seminars: