

# July 2019 Exercise Classes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30AM - <b>TOTAL BODY WORKOUT</b> - EXERCISE ROOM 1015 - MATT	9:30AM - <b>CIRCUIT TRAINING - CURVES GYM</b> MATT	9:30AM - <b>TOTAL BODY WORKOUT</b> - EXERCISE ROOM 1015 - MATT	9:30AM - <b>CIRCUIT TRAINING - CURVES GYM -</b> MATT	9:30AM - <b>TOTAL BODY WORKOUT</b> - EXERCISE ROOM 1015 - MATT
12PM - <b>CHAIROBICS -</b> EXERCISE ROOM 1015 - MATT	10AM - <b>PILATES/ ABS FLOOR WORK CLASS -</b> 1015 - SULEKHA	10:30AM - <b>BALANCE AND FALL PREVENTION -</b> EXERCISE ROOM 1015 -MATT	11AM - <b>TAI CHI FOR ARTHRITIS AND FALL PREVENTION</b> - EXERCISE ROOM 1015 - SULEKHA	10:30AM - <b>BALANCE and FALL PREVENTION -</b> EXERCISE ROOM 1015 - MATT
	12PM - <b>FOREVER YOUNG JOINTS -</b> EXERCISE ROOM 1015 - MATT	12PM - <b>CHAIROBICS -</b> EXERCISE ROOM 1015 - MATT	12PM - <b>FOREVER YOUNG JOINTS -</b> EXERCISE ROOM 1015 - MATT	12PM - <b>CHAIROBICS -</b> EXERCISE ROOM 1015 - MATT
	3PM - <b>CHAIR YOGA -</b> EXERCISE ROOM 1015 - SULEKHA	1:30PM - <b>A STEP AHEAD - BALANCE EXERCISE -</b> EXERCISE ROOM 1015 - DEREK	1:30 - <b>AQUA EXERCISE -</b> POOL - MATT	3PM - <b>LINE DANCING CLASS</b> - EXERCISE ROOM 1015 - SULEKHA