

August 2021 Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Active Body Basics 2:00pm	4 Building Better Bones 3:00pm	5 Boxing Bootcamp 5:20p	6 Active Body Basics 10:00am Retake Strength & Stability 2:00pm	7 No classes
8	9	10 Active Body Basics 2:00pm ReThink ReShape 6:00p (Gratitude)	11 Food & Fitness for Heart Health (LCC) 12:00pm Building Better Bones 3:00pm Fitness Fundamentals 4:00p Boot Camp 5:20pm	12 Boxing Bootcamp 5:20p	13 Active Body Basics 10:00am Retake Strength & Stability 2:00pm	14 Barbell Basics 6:40am* Boot Camp 8:00am
15	16	17 Active Body Basics 2:00pm ReThink ReShape 6:00p (Gratitude)	18 Building Better Bones 3:00pm Fitness Fundamentals 4:00p Boot Camp 5:20pm	19 No classes	20 Active Body Basics 10:00am Retake Strength & Stability 2:00pm	21 No Classes
22	23	24 Active Body Basics 2:00pm ReThink ReShape 6:00p (Gratitude)	25 Building Better Bones 3:00pm Fitness Fundamentals 4:00p Boot Camp 5:20pm	26 Boxing Bootcamp 5:20p	27 Active Body Basics 10:00am Retake Strength & Stability 2:00pm	28 Barbell Basics 6:40am* Boot Camp 8:00am
29	30 Healthy Sleep Habits 5:00pm	31 Active Body Basics 2:00pm ReThink ReShape 6:00p (Gratitude)	<p>Health classes are offered in person at 125 New Milford Tpk. & virtually through Zoom. Fitness classes & Rethink Reshape will be held at our gym facility, 39 Park Lane Road in New Milford. Classes marked with * indicate premium classes. Please call for pricing. Please go to our website altorellihealth.com and click on the 'Schedule' tab or sign up by calling 860-868-7318</p> <p>Classes highlighted in purple will take place at Litchfield Community Center.</p>			

