

July 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	Independence Day 4
<u>Outdoor Classes:</u> ALL Functional Fitness Saturday Flow Yoga, 9:30 - 10:45am		1:00 – 2:00pm Chair Yoga	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga 4:00-5:00pm Functional Fitness	9:00-10:00am Functional Fitness for Seniors	8:00-9:00am Functional Fitness 9:30-10:45am Flow Yoga
6	7	8	9	10	11
9:00-10:15am Very Gentle Flow Yoga 4:00-5:00pm Functional Fitness	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	*NO Chair Yoga 6:00 – 7:15pm Restorative Yoga	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga 4:00-5:00pm Functional Fitness	9:00-10:00am Functional Fitness for Seniors	8:00-9:00am Functional Fitness 9:30-10:45am Flow Yoga
13	14	15	16	17	18
9:00-10:15am Very Gentle Flow Yoga 4:00-5:00pm Functional Fitness	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	1:00 – 2:00pm Chair Yoga	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga 4:00-5:00pm Functional Fitness	9:00-10:00am Functional Fitness for Seniors	8:00-9:00am Functional Fitness 9:30-10:45am Flow Yoga
20	21	22	23	24	25
9:00-10:15am Very Gentle Flow Yoga 4:00-5:00pm Functional Fitness	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	1:00 – 2:00pm Chair Yoga 6:00 – 7:15pm Restorative Yoga	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga 4:00-5:00pm Functional Fitness	9:00-10:00am Functional Fitness for Seniors	8:00-9:00am Functional Fitness 9:30-10:45am Flow Yoga
27	28	29	30	31	
9:00-10:15am Very Gentle Flow Yoga 4:00-5:00pm Functional Fitness	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	1:00 – 2:00pm Chair Yoga	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga 4:00-5:00pm Functional Fitness	9:00-10:00am Functional Fitness for Seniors	