



August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 	30	31	1 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW	2 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE	3 CLOSED Peggy's Funeral
4 CLOSED	5 8:30-9:00 LINE DANCE 9:00-9:30 STRETCH 4:30-5:00 POWERSCULPT	6 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA	7 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH	8 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW	9 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE	10 NO CLASSES
11 CLOSED	12 8:30-9:00 LINE DANCE 9:00-9:30 STRETCH 4:30-5:00 POWERSCULPT	13 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA	14 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH	15 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW	16 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE	17 NO CLASSES
18 CLOSED	19 8:30-9:00 LINE DANCE 9:00-9:30 STRETCH 4:30-5:00 POWERSCULPT	20 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA	21 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH	22 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW	23 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE	24 NO CLASSES
25 CLOSED	26 8:30-9:00 LINE DANCE 9:00-9:30 STRETCH 4:30-5:00 POWERSCULPT	27 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA	28 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH	29 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW	30 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE	31 NO CLASSES
1		Instructor Color Code: Jeanne , Heather , Kyoko ,				