

July 2018 – Open Gym Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 CLOSED	3 CLOSED	4 CLOSED	5 1:00- 4:00pm Chair Yoga/ Stretching @ 3pm	6 9:00-12:00pm	7
8	9 9:00-11:00am 1:00-4:00pm Balance & Strength @ 2:00pm	10 1:00-4:00pm	11 9:00-11:00am 1:00-4:00pm Sit & Be Fit @ 3:00pm	12 12:00-2:30pm	13 9:00-2:00pm	14
15	16 9:00-11:00am 1:00-4:00pm Balance & Strength @ 2:00pm	17 1:00-4:00pm	18 9:00-11:00am 1:00-4:00pm Sit & Be Fit @ 3:00pm	19 1:00-4:00pm Chair Yoga/ Stretching @ 3pm	20 9:00-11:00am	21
22	23 9:00-11:00am 1:00-4:00pm Balance & Strength @ 2:00pm	24 1:00-4:00pm	25 9:00-11:00am 1:00-4:00pm Sit & Be Fit @ 3:00pm	26 1:00-4:00pm Chair Yoga/ Stretching @ 3pm	27 9:00-11:00am	28
29	30 9:00- 11:00am 1:00- 4:00pm Balance & Strength @ 2:00pm	31 1:00-4:00pm				

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