



August 2024 Activities

Land Aerobics																							
DAYS:	Thurs	Fri.	Mon.	Tues.	Wed.	Thurs	Fri.	Mon.	Tues.	Wed.	Thurs.	Fri.	Mon.	Tues.	Wed.	Thurs.	Fri.	Mon.	Tues.	Wed.	Thurs.	Fri.	TOTALS
DATE:	8/1	8/2	8/5	8/6	8/7	8/8	8/9	8/12	8/13	8/14	8/15	8/16	8/19	8/20	8/21	8/22	8/23	8/26	8/27	8/28	8/29	8/30	Total
Rip N Ryde	5			4		3								6		6			5		5		34
Group Cycling																							
Seniors in Motion																							
Senior Sticks																							
SBF		4			6		2					3			2								17
Beat Based Cycling					3					7					1					4			15
Sr. Dance											5												5
Yoga																4							4
Tabata		5	7				7										7	8		10		7	51
Zumba Gold®																							
Sr. Strength				8																			8
Yoga Vinyasa								3											5				8
Yoga Sculpt																							
Strong					12			3		8			3		7								33
Strong + Intervals																							
Zumba®																							
Chair V-Ball	8			10		12			11		7			9		11			11		11		90
ABBB				0					3					5					2				10
<b>August Total</b>																						<b>275</b>	

Water Aerobics																							
DAYS:	Thurs	Fri.	Mon.	Tues.	Wed.	Thurs	Fri.	Mon.	Tues.	Wed.	Thurs.	Fri.	Mon.	Tues.	Wed.	Thurs.	Fri.	Mon.	Tues.	Wed.	Thurs.	Fri.	TOTALS
DATE:	8/1	8/2	8/5	8/6	8/7	8/8	8/9	8/12	8/13	8/14	8/15	8/16	8/19	8/20	8/21	8/22	8/23	8/26	8/27	8/28	8/29	8/30	
Just My Speed	14			21		19			25		17			17		9			15		18		155
Aqua Nutz		16	21		24		23	22		19		25	20		22		17	27		27		24	287
<b>August Total</b>																						<b>442</b>	

\*NO = Class was scheduled to be held but it cancelled