



### July 2024 Activities

Land Aerobics																									
DAYS:	Mon.	Tues.	Wed.	Thurs.	Fri.	Mon.	Tues.	Wed.	Thurs.	Fri.	Mon.	Tues.	Wed.	Thurs.	Fri.	Mon.	Tues.	Wed.	Thurs.	Fri.	Mon.	Tues.	Wed.	Total	
DATE:	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul	29-Jul	30-Jul	31-Jul		
Rip N Ryde		NO		NO			4		5			5		4			6		5			6			<b>35</b>
Group Cycling																									<b>0</b>
Seniors in Motion			4					3					4					4					3		<b>18</b>
Senior Sticks																									<b>0</b>
SBF			3					5					3					6							<b>17</b>
Beat Based Cycling								NO					8					3					3		<b>14</b>
Sr. Dance									6																<b>6</b>
Yoga																	4								<b>4</b>
Tabata										5				6					6						<b>17</b>
Zumba Gold®																			6						<b>6</b>
Sr. Strength																									<b>0</b>
Yoga Vinyasa	4						3					4					NO					4			<b>15</b>
Yoga Sculpt			4																						<b>4</b>
Strong	2						4					2					4					3			<b>15</b>
Strong + Intervals								8															4		<b>12</b>
Zumba®																									<b>0</b>
Chair V-Ball							5		9			7		9			13		11			10			<b>64</b>
ABBB							3					2					1					8			<b>14</b>
<b>July Total</b>																							<b>241</b>		

Water Aerobics																									
DAYS:	Mon.	Tues.	Wed.	Thurs.	Fri.	Mon.	Tues.	Wed.	Thurs.	Fri.	Mon.	Tues.	Wed.	Thurs.	Fri.	Mon.	Tues.	Wed.	Thurs.	Fri.	Mon.	Tues.	Wed.	Total	
DATE:	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul	29-Jul	30-Jul	31-Jul		
Just My Speed							26		21			20		18			19		23			22			<b>149</b>
Aqua Nutz	NO		17		NO	25		29		16	24		27		24	24		24		17	22		22	<b>271</b>	
<b>July Total</b>																							<b>420</b>		

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