

MENTAL RESET WORKOUT CLASSES

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1	2	3	4 <ul style="list-style-type: none">• <i>Line Dancing 4 p.m.</i>• <i>Jai' Chi 5 p.m.</i>	5	6	7
8	9	10	11 <ul style="list-style-type: none">• <i>Laughter Yoga 4 p.m.</i>• <i>Summer Love - Yoga Flow and Meditation 5-6 p.m.</i>	12	13	14
15	16	17	18 <ul style="list-style-type: none">• <i>Barre Blend 4 p.m.</i>• <i>Yard Out Fitness 5 p.m.</i>	19	20	21
22	23	24	25 <ul style="list-style-type: none">• <i>Family Fitness with popular fitness instructor Donna Storm 4 p.m.</i>	26	27	28
29	30	31	1	2	3	4