



# July 2016

## SilverSneakers Schedule



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:15 - 10 Classic w/ Judi 11 - 11:45 Splash w/ Judi	2
3	4 	5 9-9:45 Splash w/ Judi 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh	6 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee	7 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh	8 9:15 - 10 Classic w/ Judi 11 - 11:45 Splash w/ Judi	9
10	11 9:15 - 10 Classic w/ Judi 10:15 - 11 Yoga w/ Renee 11:15-12 Circuit w/ Renee	12 9-9:45 Splash w/ Judi 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh	13 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee	14 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh	15 9:15 - 10 Classic w/ Judi 11 - 11:45 Splash w/ Judi	16
17	18 9:15 - 10 Classic w/ Judi 10:15 - 11 Yoga w/ Renee 11:15-12 Circuit w/ Renee	19 9-9:45 Splash w/ Judi 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh	20 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee	21 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh	22 9:15 - 10 Classic w/ Judi 11 - 11:45 Splash w/ Judi	23
24	25 9:15 - 10 Classic w/ Judi 10:15 - 11 Yoga w/ Renee 11:15-12 Circuit w/ Renee	26 9-9:45 Splash w/ Judi 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh	27 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee	28 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh	29 9:15 - 10 Classic w/ Judi 11 - 11:45 Splash w/ Judi	30
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