July 2006
Health & Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 **8:00** Power Walkers/Sports*Com **8:00** Senior Fitness **8:30** Functional Fitness **9:30** Blood Pressure Clinic/ Burks **9:15–10:30** Yoga(lower dining room)	**4** **Happy 4th of July** **Center Closed**	**5** **8:00** Power Walkers/Sports*Com **8:00** Senior Fitness **8:30** Functional Fitness **8:30** Foot Care Clinic **9:15-10:30** Yoga(lower dining room) **1:00-4:00** Nurse on Duty Clinic	**6** **8:30–8:45** Core Strength **8:45–9:35** Senior Strength **9:35–10:25** Dancercise **10:25–10:40** Core Strength **10:40–11:30** Senior Strength	**7** **9:15-10:30** Yoga(lower dining room)
10 **8:00** Power Walkers/SportsCom **8:00** Senior Fitness **8:30** Functional Fitness **9:30** Blood Pressure Clinic/ CareSouth **9:15–10:30** Yoga(lower dining room)	**11** **8:30–8:45** Core Strength **8:45–9:35** Senior Strength **9:35–10:25** Dancercise **10:25–10:40** Core Strength **10:40–11:30** Senior Strength	**12** **8:00** Power Walkers/Sports*Com **8:00** Senior Fitness **8:30** Functional Fitness **8:30** Foot Care Clinic **9:15-10:30** Yoga(lower dining room) **1:00-4:00** Nurse on Duty Clinic	**13** **8:00-4:00** Foot Care Clinic **8:30–8:45** Core Strength **8:45–9:35** Senior Strength **9:35–10:25** Dancercise **10:25–10:40** Core Strength **10:40–11:30** Senior Strength	**14** **8:00-4:00** Foot Care Clinic **9:15-10:30** Yoga(lower dining room)
17 **8:00** Power Walkers/Sports*Com **8:00** Senior Fitness **8:30** Functional Fitness **9:30** Blood Pressure Clinic/ Cumberbatch **9:15–10:30** Yoga(lower dining room)	**18** **8:30–8:45** Core Strength **8:45–9:35** Senior Strength **9:35–10:25** Dancercise **10:25–10:40** Core Strength **10:40–11:30** Senior Strength	**19** **8:00** Power Walkers/Sports*Com **8:00** Senior Fitness **8:30** Functional Fitness **8:30** Foot Care Clinic **9:15-10:30** Yoga(lower dining room) **1:00-4:00** Nurse on Duty Clinic	**20** **8:00-4:00** Foot Care Clinic **8:30–8:45** Core Strength **8:45–9:35** Senior Strength **9:35–10:25** Dancercise **10:25–10:40** Core Strength **10:40–11:30** Senior Strength	**21** **8:00-4:00** Foot Care Clinic **9:15-10:30** Yoga(lower dining room)
24 **8:00** Power Walkers/Sports*Com **8:00** Senior Fitness **8:30** Functional Fitness **9:30** Blood Pressure Clinic/ Heaberlin **9:15–10:30** Yoga(lower dining room)	**25** **8:30–8:45** Core Strength **8:45–9:35** Senior Strength **9:35–10:25** Dancercise **10:25–10:40** Core Strength **10:40–11:30** Senior Strength	**26** **8:00** Power Walkers/Sports*Com **8:00** Senior Fitness **8:30** Functional Fitness **8:30** Foot Care Clinic **9:15-10:30** Yoga(lower dining room) **1:00-4:00** Nurse on Duty Clinic	**27** **8:00-4:00** Foot Care Clinic **8:30–8:45** Core Strength **8:45–9:35** Senior Strength **9:35–10:25** Dancercise **10:25–10:40** Core Strength **10:40–11:30** Senior Strength	**28** **8:00-4:00** Foot Care Clinic **9:15-10:30** Yoga(lower dining room)
31 **8:00** Power Walkers/Sports*Com **8:00** Senior Fitness **8:30** Functional Fitness **9:30** Blood Pressure Clinic/ Hillyer **9:15–10:30** Yoga(lower dining room)				