

VITALITY CENTER CLASSES

August 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
<u>DYNAMIC COMBO</u> <u>ENERGY EXPLOSION!</u> 1 cup Carrot Juice 1 Cup Tomato Juice 2 Large Red Bell Peppers Seeded & Coarsely Chopped 1 TBSP Lemon Juice	Pour the carrot and tomato juice into a food processor or blender process gently till combined. Add the red peppers and lemon juice. Season with plenty of freshly ground pepper. Process till smooth.	ADVANCED EXERCISE TUESDAYS AND THURSDAYS AT 1:45 PM** Weights, Yoga Moves, Floor Exercises and much more!	6:00-9:00 Open Swim	6:00-9:00 Open Swim	Pool Hours: 6:00 am-4:00 pm	Pool Hours: 6:30 am-10:30 am
			7:30-8:30 1on1 Training by APPT	8:30 Advanced Balance	6:00-9:00 Open Swim	6:30-9:00 Open Swim
			9:00 Water Fitness	10:00 Sit, Stretch & Tone	7:30-8:30 1on1 Training by APPT	9:00 Water Walking
			10:00 Sit, Stretch & Tone	11:00 Brain Fitness	9:00 Water Fitness	10:30-4:00 Open Wii Bowling
			11:00 Gentle Yoga	1:00 Water Walking	10:00 Sit, Stretch & Tone	
			1:00 Water Walking	1:45 Advanced Exercise	11:00 Chair Volleyball	
3:00-4:30 Open Wii Bowling						
5	6	7	8	9	10	11
Pool Hours: 6:30 am-10:30 am	6:00-9:00 Open Swim	6:00-9:00 Open Swim	6:00-9:00 Open Swim	6:00-9:00 Open Swim	Pool Hours: 6:00 am-4:00 pm	Pool Hours: 6:30 am-10:30 am
6:30-9:00 Open Swim	7:30-8:30 1on1 Training by APPT	8:30 Advanced Balance	7:30-8:30 1on1 Training by APPT	8:30 Advanced Balance	6:00-9:00 Open Swim	6:30-9:00 Open Swim
9:00 Water Walking	9:00 Water Fitness	10:00 Sit, Stretch & Tone	9:00 Water Fitness	10:00 Sit, Stretch & Tone	7:30-8:30 1on1 Training by APPT	9:00 Water Walking
10:30-4:00 Open Wii Bowling	10:00 Sit, Stretch & Tone	11:00 Chair Aerobics	10:00 Sit, Stretch & Tone	11:00 Brain Fitness	9:00 Water Fitness	10:30-4:00 Open Wii Bowling
	11:00 Stretch, Stand & Lift	1:00 Water Walking	11:00 Gentle Yoga	1:00 Water Walking	10:00 Sit, Stretch & Tone	
	3:00 YMCA Presentation	1:45 Advanced Exercise	1:00 Park Manor Presentation	1:45 Advanced Exercise	11:00 Cardio Tone	
		3:00-4:30 Open Wii Bowling	"Staying Accident Free"	3:00-4:30 Open Wii Bowling		
12	13	14	15	16	17	18
Pool Hours: 6:30 am-10:30 am	6:00-9:00 Open Swim	6:00-9:00 Open Swim	6:00-9:00 Open Swim	6:00-9:00 Open Swim	Pool Hours: 6:00 am-4:00 pm	Pool Hours: 6:30 am-10:30 am
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10:30-4:00 Open Wii Bowling	10:00 Sit, Stretch & Tone	11:00 Chair Aerobics	10:00 Sit, Stretch & Tone	11:00 Brain Fitness	9:00 Water Fitness	10:30-4:00 Open Wii Bowling
	11:00 Stretch, Stand & Lift	1:00 Water Walking	11:00 Gentle Yoga	1:00 Water Walking	10:00 Sit, Stretch & Tone	
	3:00-4:30 Open Wii Bowling	1:45 Advanced Exercise	1:00 Water Walking	1:45 Advanced Exercise	11:00 Chair Volleyball	
		3:00-4:30 Open Wii Bowling	3:00-4:30 Open Wii Bowling	3:00-4:30 Open Wii Bowling		
19	20	21	22	23	24	25
Pool Hours: 6:30 am-10:30 am	6:00-9:00 Open Swim	6:00-9:00 Open Swim	6:00-9:00 Open Swim	6:00-9:00 Open Swim	Pool Hours: 6:00 am-4:00 pm	Pool Hours: 6:30 am-10:30 am
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		3:00-4:30 Open Wii Bowling	3:00-4:30 Open Wii Bowling	3:00-4:30 Open Wii Bowling		
26	27	28	29	30	31	
Pool Hours: 6:30 am-10:30 am	6:00-9:00 Open Swim	6:00-9:00 Open Swim	6:00-9:00 Open Swim	6:00-9:00 Open Swim	Pool Hours: 6:00 am-4:00 pm	*SENIOR FITNESS TEST *1 ON 1'S by Appt. Only Call ext. 4011 PERSONAL TRAINING BY APPOINTMENT
6:30-9:00 Open Swim	7:30-8:30 1on1 Training by APPT	8:30 Advanced Balance	7:30-8:30 1on1 Training by APPT	8:30 Advanced Balance	6:00-9:00 Open Swim	
9:00 Water Walking	9:00 Water Fitness	10:00 Sit, Stretch & Tone	9:00 Water Fitness	10:00 Sit, Stretch & Tone	7:30-8:30 1on1 Training by APPT	
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