

AUGUST 2019

Mon	Tue	Wed	Thu	Fri	
			1	2	INSTRUCTORS: (SEE BELOW)
			Yoga 9:30a-10:30a Instructor: Tabby Spunky Seniors Chair Aerobics: 1:00-1:30p Instructor: Tabby	TBC: TOTAL BODY CONDITIONING 9:30a-10:30a Instructor: Tabby	
5	6	7	8	9	Cathy Kumar Registered Yoga Teacher Yoga Alliance/ M.S. in Health & Wellness Promotion
Kickboxing 9:30a-10:30a Instructor: Tabby Yoga 5:30p-7:00p Instructor: Cathy	Yoga 9:30a-10:30a Instructor: Tabby	Total Body in Ten 9:30a-10:15a Instructor: Tabby	Yoga 9:30a-10:30a Instructor: Tabby Spunky Seniors Chair Aerobics: 1:00-1:30p Instructor: Tabby	TBC: TOTAL BODY CONDITIONING 9:30a-10:30a Instructor: Tabby	
12	13	14	15	16	Tabby Horvath ACE Certified Group Fitness Instructor /M.S. Human Wellness
Kickboxing 9:30a-10:30a Instructor: Tabby Yoga 5:30p-7:00p Instructor: Cathy	Yoga 9:30a-10:30a Instructor: Tabby	Total Body in Ten 9:30a-10:15a Instructor: Tabby	Yoga 9:30a-10:30a Instructor: Tabby Spunky Seniors Chair Aerobics: 1:00-1:30p Instructor: Tabby	TBC: TOTAL BODY CONDITIONING 9:30a-10:30a Instructor: Tabby	
19	20	21	22	23	CLASSES CANCELLED!
Kickboxing 9:30a-10:30a Instructor: Tabby Yoga 5:30p-7:00p Instructor: Cathy	Yoga 9:30a-10:30a Instructor: Tabby	Total Body in Ten 9:30a-10:15a Instructor: Tabby	Yoga 9:30a-10:30a Instructor: Tabby Spunky Seniors Chair Aerobics: 1:00-1:30p Instructor: Tabby		
26	27	28	29	30	
Kickboxing 9:30a-10:30a Instructor: Tabby Yoga 5:30p-7:00p Instructor: Cathy	Yoga 9:30a-10:30a Instructor: Tabby	Total Body in Ten 9:30a-10:15a Instructor: Tabby	Yoga 9:30a-10:30a Instructor: Tabby Spunky Seniors Chair Aerobics: 1:00-1:30p Instructor: Tabby	TBC: TOTAL BODY CONDITIONING 9:30a-10:30a Instructor: Tabby	