

JULY 2021

MON	TUE	WED	THUR	FRI
			1	2
INSTRUCTORS: <p style="text-align: center;"><u>Cathy Kumor</u> Registered Yoga Teacher Yoga Alliance/ M.S. in Health & Wellness Promotion</p> <p style="text-align: center;"><u>Tabby Horvath</u> ACE Certified Group Fitness Instructor/M.S. Human Wellness</p>			<p style="text-align: center;">Yoga 9:30a-10:30a Instructor: Tabby</p>	<p style="text-align: center;">TBC: TOTAL BODY CONDITIONING 9:30-10:30 Instructor: Tabby</p>
5	6	7	8	9
<p style="text-align: center;">Kickboxing 9:30-10:30a Instructor: Tabby</p> <p style="text-align: center;"><u>CATHYS YOGA CANCELLED!</u></p>	<p style="text-align: center;">Yoga 9:30a-10:30a Instructor: Tabby</p>	<p style="text-align: center;">Total Body in Ten 9:30-10:30a Instructor: Tabby</p> <p style="text-align: center;">SPUNKY SENIORS: 1:00-1:30p Instructor: Tabby</p>	<p style="text-align: center;">Yoga 9:30a-10:30a Instructor: Tabby</p>	<p style="text-align: center;">TBC: TOTAL BODY CONDITIONING 9:30-10:30 Instructor: Tabby</p>
12	13	14	15	16
<p style="text-align: center;">Kickboxing 9:30-10:30a Instructor: Tabby</p> <p style="text-align: center;">Yoga 5:30p-7:00p Instructor: Cathy</p>	<p style="text-align: center;">Yoga 9:30a-10:30a Instructor: Tabby</p>	<p style="text-align: center;">Total Body in Ten 9:30-10:30 Instructor: Tabby</p> <p style="text-align: center;">SPUNKY SENIORS: 1:00-1:30p Instructor: Tabby</p>	<p style="text-align: center;">Yoga 9:30a-10:30a Instructor: Tabby</p>	<p style="text-align: center;">TBC: TOTAL BODY CONDITIONING 9:30-10:30 Instructor: Tabby</p>
19	20	21	22	23
<p style="text-align: center;">Kickboxing 9:30-10:30a Instructor: Tabby</p> <p style="text-align: center;">Yoga 5:30p-7:00p Instructor: Cathy</p>	<p style="text-align: center;">Yoga 9:30a-10:30a Instructor: Tabby</p>	<p style="text-align: center;">Total Body in Ten 9:30-10:30 Instructor: Tabby</p> <p style="text-align: center;">SPUNKY SENIORS: 1:00-1:30p Instructor: Tabby</p>	<p style="text-align: center;">Yoga 9:30a-10:30a Instructor: Tabby</p>	<p style="text-align: center;">TBC: TOTAL BODY CONDITIONING 9:30-10:30 Instructor: Tabby</p>
26	27	28	29	30
<p style="text-align: center;">Kickboxing 9:30-10:30a Instructor: Tabby</p> <p style="text-align: center;">Yoga 5:30p-7:00p Instructor: Cathy</p>	<p style="text-align: center;">Yoga 9:30a-10:30a Instructor: Tabby</p>	<p style="text-align: center;">Total Body in Ten 9:30-10:30 Instructor: Tabby</p> <p style="text-align: center;">SPUNKY SENIORS: 1:00-1:30p Instructor: Tabby</p>	<p style="text-align: center;">Yoga 9:30a-10:30a Instructor: Tabby</p>	<p style="text-align: center;">TBC: TOTAL BODY CONDITIONING 9:30-10:30 Instructor: Tabby</p>

