






# July Strong Sterling

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>BoomMuscle 9:15</b> w/Heather (GF) <b>Chair Yoga 9:15</b> w/Dawn (AB) <b>Silver Classic 12:00</b> w/Janice (AB)</p>	<p>2 <b>Silver Yoga 9:15</b> w/Sue (AB)</p>	<p>3 <b>Silver Circuit 9:15</b> w/Heather Court 2</p>	<p>4 </p>	<p>5 <b>NO Chair Yoga</b> <b>Silver Circuit 9:15</b> w/Heather Court 2</p>	6
7	<p><b>BoomMuscle 9:15</b> w/Heather (GF) <b>Chair Yoga 9:15</b> w/Sue (AB) <b>Silver Classic 12:00</b> w/Janice (AB)</p>	<p>9 <b>Silver Yoga 9:15</b> w/Sue (AB)</p>	<p>10 <b>NO CIRCUIT</b> <b>Beginner Yoga 10:15</b> w/Dawn (AB)</p>	<p>11 <b>Tai Chi 10:15</b> w/Fawn (AB) <b>Silver Classic 12:00</b> w/Janice (AB)</p>	<p>12 <b>Chair Yoga 9:15</b> w/Dawn (AB) <b>Silver Circuit 9:15</b> w/Heather Court 2</p>	13
14	<p><b>BoomMuscle 9:15</b> w/Heather (GF) <b>Chair Yoga 9:15</b> w/Dawn (AB) <b>Silver Classic 12:00</b> w/Janice (AB)</p>	<p>16 <b>Silver Yoga 9:15</b> w/Sue (AB)</p>	<p>17 <b>Silver Circuit 9:15</b> w/Heather Court 2</p>	<p>18 <b>Tai Chi 10:15</b> w/Fawn (AB) <b>Silver Classic 12:00</b> w/Janice (AB)</p>	<p>19 <b>Chair Yoga 9:15</b> w/Dawn (AB) <b>Silver Circuit 9:15</b> w/Heather Court 2</p>	20
21	<p><b>BoomMuscle 9:15</b> w/Heather (GF) <b>Chair Yoga 9:15</b> w/Dawn (AB) <b>Silver Classic 12:00</b> w/Janice (AB)</p>	<p>23 <b>Silver Yoga 9:15</b> w/Sue (AB)</p>	<p>24 <b>Silver Circuit 9:15</b> w/Heather Court 2 <b>Beginner Yoga 10:15</b> w/Dawn (AB)</p>	<p>25 <b>Tai Chi 10:15</b> w/Fawn (AB) <b>Silver Classic 12:00</b> w/Janice (AB)</p>	<p>26 <b>Chair Yoga 9:15</b> w/Dawn (AB) <b>Silver Circuit 9:15</b> w/Heather Court 2</p>	<p>27 </p>
28	<p><b>BoomMuscle 9:15</b> w/Heather (GF) <b>Chair Yoga 9:15</b> w/Dawn (AB) <b>Silver Classic 12:00</b> w/Janice (AB)</p>	<p>30 <b>Silver Yoga 9:15</b> w/Sue (AB)</p>	<p>31 <b>Silver Circuit 9:15</b> w/Heather Court 2</p>	<p></p>	<p></p>	<p></p>

