August Strong Sterling

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Silver&Fit®

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Mon & Thurs 11:30 Meet on the track WALK & TALK			1 Tai Chi 10:15 w/Fawn (AB) Silver Classic 12:00 w/Janice (AB)	2 Chair Yoga 9:15 w/Dawn (AB) Silver Circuit 9:15 w/Heather Court 2	3
4	5 BoomMuscle 9:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice (AB)	6 Silver Yoga 9:15 w/Sue (AB)	7 Silver Circuit 9:15 w/Heather Court 2 Beginner Yoga 10:15 w/Dawn (AB)	8 Tai Chi 10:15 w/Fawn (AB) Silver Classic 12:00 w/Heather (AB)	9 Chair Yoga 9:15 w/Dawn (AB) Silver Circuit 9:15 w/Rebecca Court 2	10
11	12 BoomMuscle 9:15 w/Paula (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Rebecca (AB)	13 Chair Yoga 9:15 w/Dawn (AB)	14 Silver Circuit 9:15 w/Heather Court 2	15 Tai Chi 10:15 w/Fawn (AB) Silver Classic 12:00 w/Janice (AB)	16 Chair Yoga 9:15 w/Dawn (AB) Silver Circuit 9:15 w/Heather Court 2	17
18	19 BoomMuscle 9:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/ Janice (AB)	20 Silver Yoga 9:15 w/Sue (AB)	21 Silver Circuit 9:15 w/Heather Court 2 Beginner Yoga 10:15 w/Dawn (AB)	22 Tai Chi 10:15 w/Fawn (AB) Silver Classic 12:00 w/Janice (AB)	23 Chair Yoga 9:15 w/Dawn (AB) Silver Circuit 9:15 w/Heather Court 2	24
25	26 BoomMuscle 9:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice(AB)	27 Silver Yoga 9:15 w/Sue (AB)	28 Silver Circuit 9:15 w/Heather Court 2	29 Tai Chi 10:15 w/Fawn (AB) Silver Classic 12:00 w/Janice (AB)	30 Chair Yoga 9:15 w/Dawn (AB) Silver Circuit 9:15 w/Rebecca Court 2	31