

SUN	MON	TUE	WED	THUR	FRI	SAT	
<b>KEY</b> NC - Newcastle WC - Wellness Center WC1FL - Wellness Center 1st Floor WC2FL - Wellness Center 2nd Floor ☼ - Club					8:30 Silver Sneakers Stability (WC) <b>1</b> 9:15 Neuro Boxing (WC) 10:00 Mobility Matters (WC) 11:00 Balance Basics (WC) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	8:30 Elite Hands & Feet W/ Maria (WC) <b>2</b> 9:15 Sit & Get Fit (WC1FL) 10:00 Stix: Cardio Drumming (WC) ☼ 11:00 Sit and Get Fit (WC) <b>1:00 Country Crew Line Dancer Club (WC1FL) ☼</b>	9:00 Functional Fitness W/Maria (WC1FL) <b>3</b> 9:45 MOVE with Maria (WC)
<b>4</b>	9:15 Silver Sneakers Circuit (WC1FL) <b>5</b> 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 1:00 Low Impact Cardio (WC1FL) <b>2:00 Water Aerobics (Pool Area / Wellness Center)</b>	8:30 Silver Sneakers Stability (WC) <b>6</b> 9:15 Yoga W/ Waverly (WC1FL) 10:00 Mobility Matters (WC) 11:00 Drummng Essentials (WC1FL) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	9:15 Silver Sneakers Circuit (WC1FL) <b>7</b> 10:00 Core And More (WC) 11:00 Silver Sneakers Classic (WC) 11:30 Tai Chi for Arthritis W/ Makai (WC) 1:00 Brain Health Training (WC1FL) 2:00 Power Training (WC1FL)	10:00 Mobility Matters w/ Maria (WC) <b>8</b> 11:00 Balance Basics (WC) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	8:30 Elite Hands & Feet W/ Maria (WC) <b>9</b> 9:15 Sit & Get Fit (WC1FL) 10:00 Stix: Cardio Drumming (WC) ☼ 11:00 Sit and Get Fit (WC) <b>1:00 Country Crew Line Dancer Club (WC1FL) ☼</b>	9:00 Functional Fitness W/Maria (WC1FL) <b>10</b> 9:45 MOVE with Maria (WC)	
<b>11</b>	9:15 Silver Sneakers Circuit (WC1FL) <b>12</b> 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 1:00 Low Impact Cardio (WC1FL) <b>2:00 Water Aerobics (Pool Area / Wellness Center)</b>	8:30 Silver Sneakers Stability (WC) <b>13</b> 9:15 Yoga W/ Waverly (WC1FL) 10:00 Mobility Matters (WC) 11:00 Drummng Essentials (WC1FL) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	9:15 Silver Sneakers Circuit (WC1FL) <b>14</b> 10:00 Core And More (WC) 11:00 Silver Sneakers Classic (WC) 11:30 Tai Chi for Arthritis W/ Makai (WC) 1:00 Brain Health Training (WC1FL) 2:00 Power Training (WC1FL)	8:30 Silver Sneakers Stability (WC) <b>15</b> <b>9:00 Mobility Assessment Make Up Day (WC)</b> 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	8:30 Elite Hands & Feet W/ Maria (WC) <b>16</b> 9:15 Sit & Get Fit (WC1FL) 10:00 Stix: Cardio Drumming (WC) ☼ 11:00 Sit and Get Fit (WC) <b>1:00 Country Crew Line Dancer Club (WC1FL) ☼</b>	9:00 Functional Fitness W/Maria (WC1FL) <b>17</b> 9:45 MOVE with Maria (WC)	
<b>18</b>	9:15 Silver Sneakers Circuit (WC1FL) <b>19</b> 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) <b>12:30 Wellness Center Orientation (WC1FL)</b> 1:00 Low Impact Cardio (WC1FL) <b>2:00 Water Aerobics (Pool Area / Wellness Center)</b>	8:30 Silver Sneakers Stability (WC) <b>20</b> 9:15 Yoga W/ Waverly (WC1FL) 10:00 Mobility Matters (WC) 11:00 Drummng Essentials (WC1FL) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	9:15 Silver Sneakers Circuit (WC1FL) <b>21</b> 10:00 Core And More (WC) 11:00 Silver Sneakers Classic (WC) 11:30 Tai Chi for Arthritis W/ Makai (WC) 1:00 Brain Health Training (WC1FL) 2:00 Power Training (WC1FL)	8:30 Silver Sneakers Stability (WC) <b>22</b> 10:00 Mobility Matters w/ Maria (WC) 11:00 Balance Basics w/ Maria (WC) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	8:30 Elite Hands & Feet W/ Maria (WC) <b>23</b> 9:15 Sit & Get Fit (WC1FL) 10:00 Stix: Cardio Drumming (WC) ☼ 11:00 Sit and Get Fit (WC)	9:00 Functional Fitness W/Maria (WC1FL) <b>24</b> 9:45 MOVE with Maria (WC)	
<b>25</b>	9:15 Silver Sneakers Circuit (WC1FL) <b>26</b> 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 1:00 Low Impact Cardio (WC1FL) <b>2:00 Water Aerobics (Pool Area / Wellness Center)</b>	8:30 Silver Sneakers Stability (WC) <b>27</b> 9:15 Yoga W/ Waverly (WC1FL) 10:00 Mobility Matters (WC) 11:00 Drummng Essentials (WC1FL) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	9:15 Silver Sneakers Circuit (WC1FL) <b>28</b> 10:00 Core And More (WC) 11:00 Silver Sneakers Classic (WC) 11:30 Tai Chi for Arthritis W/ Makai (WC) 1:00 Brain Health Training (WC1FL) 2:00 Power Training (WC1FL)	8:30 Silver Sneakers Stability (WC) <b>29</b> 9:15 Neuro Boxing (WC) 10:00 Mobility Matters (WC) <b>11:00 Mobility Assessment Results Session (NC)</b> 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	8:30 Elite Hands & Feet W/ Maria (WC) <b>30</b> 9:15 Sit & Get Fit (WC1FL) 10:00 Stix: Cardio Drumming (WC) ☼ 11:00 Sit and Get Fit (WC) <b>1:00 Country Crew Line Dancer Club (WC1FL) ☼</b>	9:00 Functional Fitness W/Maria (WC1FL) <b>31</b> 9:45 MOVE with Maria (WC)	

# August 2024

Fitness

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