

SUN	MON	TUE	WED	THUR	FRI	SAT
1 8:15 Level 3 Fitness Class (MWIM) 9:00 Level 2 Fitness Class (MWIM) 10:00 Custom Care Exercises (CC Rec) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	2	8:00 Level 2 Fitness Class (MWIM) 3 9:00 Level 1 Fitness Class (MWIM) 9:45 Arbor Place Exercises (Arbor) 10:30 Nordic Walking 1:00 Fitness Zone Class (FZ)	8:15 Level 3 Fitness Class (MWIM) 4 9:00 Level 2 Fitness Class (MWIM) 11:00 Fitness Zone Class (FZ) 1:00 Fitness Zone Class (FZ) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	8:00 Level 2 Fitness Class (MWIM) 5 9:00 Level 1 Fitness Class (MWIM)	8:15 Level 3 Fitness Class (MWIM) 6 9:00 Level 2 Fitness Class (MWIM) 10:00 Custom Care Exercises (CC Rec) 11:00 Dancercise (Comm. Rm.) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	10:30 Arbor Place Exercises (Arbor) 7
8 8:15 Level 3 Fitness Class (MWIM) 9:00 Level 2 Fitness Class (MWIM) 10:00 Custom Care Exercises (CC Rec) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	9	8:00 Level 2 Fitness Class (MWIM) 10 9:00 Level 1 Fitness Class (MWIM) 9:45 Arbor Place Exercises (Arbor) 10:30 Nordic Walking 1:00 Fitness Zone Class (FZ)	8:15 Level 3 Fitness Class (MWIM) 11 9:00 Level 2 Fitness Class (MWIM) 11:00 Fitness Zone Class (FZ) 1:00 Fitness Zone Class (FZ) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	8:00 Level 2 Fitness Class (MWIM) 12 9:00 Level 1 Fitness Class (MWIM) 10:00 Arbor Place Exercises (Arbor)	8:15 Level 3 Fitness Class (MWIM) 13 9:00 Level 2 Fitness Class (MWIM) 10:00 Custom Care Exercises (CC Rec) 11:00 Dancercise (Comm. Rm.) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	10:30 Arbor Place Exercises (Arbor) 14
15 8:15 Level 3 Fitness Class (MWIM) 9:00 Level 2 Fitness Class (MWIM) 10:00 Custom Care Exercises (CC Rec) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	16	8:00 Level 2 Fitness Class (MWIM) 17 9:00 Level 1 Fitness Class (MWIM) 9:45 Arbor Place Exercises (Arbor) 10:30 Nordic Walking 1:00 Fitness Zone Class (FZ)	8:15 Level 3 Fitness Class (MWIM) 18 9:00 Level 2 Fitness Class (MWIM) 11:00 Fitness Zone Class (FZ) 1:00 Fitness Zone Class (FZ) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	8:00 Level 2 Fitness Class (MWIM) 19 9:00 Level 1 Fitness Class (MWIM) 10:00 Arbor Place Exercises (Arbor)	8:15 Level 3 Fitness Class (MWIM) 20 9:00 Level 2 Fitness Class (MWIM) 10:00 Custom Care Exercises (CC Rec) 11:00 Dancercise (Comm. Rm.) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	10:30 Arbor Place Exercises (Arbor) 21
22 8:15 Level 3 Fitness Class (MWIM) 9:00 Level 2 Fitness Class (MWIM) 10:00 Custom Care Exercises (CC Rec) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	23	8:00 Level 2 Fitness Class (MWIM) 24 9:00 Level 1 Fitness Class (MWIM) 9:45 Arbor Place Exercises (Arbor) 10:30 Nordic Walking 1:00 Fitness Zone Class (FZ)	8:15 Level 3 Fitness Class (MWIM) 25 9:00 Level 2 Fitness Class (MWIM) 11:00 Fitness Zone Class (FZ) 1:00 Fitness Zone Class (FZ) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	8:00 Level 2 Fitness Class (MWIM) 26 9:00 Level 1 Fitness Class (MWIM) 10:00 Arbor Place Exercises (Arbor)	8:15 Level 3 Fitness Class (MWIM) 27 9:00 Level 2 Fitness Class (MWIM) 10:00 Custom Care Exercises (CC Rec) 11:00 Dancercise (Comm. Rm.) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	10:30 Arbor Place Exercises (Arbor) 28
29 8:15 Level 3 Fitness Class (MWIM) 9:00 Level 2 Fitness Class (MWIM) 10:00 Custom Care Exercises (CC Rec) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	30	8:00 Level 2 Fitness Class (MWIM) 31 9:00 Level 1 Fitness Class (MWIM) 9:45 Arbor Place Exercises (Arbor) 10:30 Nordic Walking 1:00 Fitness Zone Class (FZ)	ROOM KEY Arbor - Arbor Place Comm. Rm. - Community Room CC Rec - Custom Care Recreation Room MWIM - Meth-Wick In Motion Center FZ - The Fitness Zone			

July 2018

Fitness Calendar

