

July

MON	TUE	WED	THU	FRI
1 8:15am—Senior Aqua	2 10:00am—Silver Sneakers	3 10:00am—Aqua Fit	4 10:00am—Silver Sneakers	5 10:00am—Cards/Board games
8 8:15am—Senior Aqua	9 10:00am—Silver Sneakers 8:00am—Coffee and Conversation 11:30am—Mini Massage	10 10:00am—Aqua Fit	11 10:00am—Silver Sneakers	12 10:00am—Cards/Board games
15 8:15am—Senior Aqua	16 10:00am—Silver Sneakers 11:30am—Mini Massage	17 10:00am—Aqua Fit	18 10:00am—Silver Sneakers	19 10:00am—Cards/Board games
22 8:15am—Senior Aqua	23 10:00am—Silver Sneakers 11:30am—Mini Massage	24 10:00am—Aqua Fit 1pm—Y—101 (learn about your membership)	25 10:00am—Silver Sneakers	26 10:00am—Cards/Board games
29 8:15am—Senior Aqua	30 8:00am—Coffee and Conversation 10:00am—Silver Sneakers 11:30am—Mini Massage	31 10:00am—Aqua Fit		Green—Senior social Black—Senior Fitness Blue—Learn at the Y Red—Paid for program



Date TBD

**SEMINAR
PRESENTED
BY**

