

# JULY

**Mon**

**CARDIO CIRCUIT**

8:30AM | RM 108

POTTERY PAINTING (SOCIAL)

9:30AM | RM 118

AMERICAN SIGN LANGUAGE

10AM | RM 124

**CROCHET**

10AM | RM 102

FALL PREVENTION YOGA

10AM | RM 108

**BRIDGE (SOCIAL)**

12:10PM | RM 102

**MARTIAL ARTS**

12PM | RM 108

**DRAWING**

2PM | RM 122

**Tue**

**POTTERY PAINTING**

8:00AM | RM 118

**BEG. CLAY**

9:30AM | RM 118

**BEG. TAI CHI**

10AM | RM 108

**BEG. SEWING**

10AM | RM 122

**ADV. TAI CHI**

11AM | RM 108

**CHOIR/VOLUNTEER VOICES**

12PM | RM 102

**ADV. LINE DANCING**

12:15PM | RM 108

**PAINTING**

12:30PM | RM 118

**JEWELRY MAKING**

1:30PM | RM 122

**ZUMBA GOLD**

1:50PM | RM 108

**TONING**

2:45PM | RM 108

**Wed**

**CARDIO CIRCUIT**

8:30AM | RM 108

**CROCHET**

10AM | RM 102

**DIABETES EDUCATION**

10AM | RM 122

**YOGA**

10:30AM | RM 108

**SOCIAL MEDIA**

11:30AM | RM 124

**MARTIAL ARTS**

12PM | RM 108

**TECHNOLOGY III**

2PM | RM 124

**Thu**

**BEG. TAI CHI**

10AM | RM 108

**ADV. TAI CHI**

11AM | RM 108

**BEG. LINE DANCING**

12:15PM | RM 108

**ZUMBA GOLD**

1:50PM | RM 108

**STRETCHING**

2:40PM | RM 108

**Fri**

**CARDIO CIRCUIT**

8:30AM | RM 108

**MEDITATION**

10:00AM | RM 125

**CROCHET**

10AM | RM 102

**YOGA**

10:30AM | RM 108

**BRIDGE (SOCIAL)**

12:10PM | RM 102

**JEWELRY MAKING**

1:30PM | RM 122