




# JULY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 <b>Boot Camp 6A</b>  Open Yoga 10A  JROW 6P	3 <b>Boot Camp 6A</b> <b>SilverStrength 9A</b>  JROW 5P TKD 6:15P	4  <b>INDEPENDENCE DAY</b>	5 <b>Boot Camp 6A</b> <b>SilverStrength 9A</b>  Cindi Zumba 5P TKD 6:30P	6 <b>Fit Row 5:45A</b>  Jenn Yoga 9A	7
8	9 <b>Boot Camp 6A</b>  Open Yoga 10A	10 <b>Boot Camp 6A</b> <b>SilverStrength 9A</b>  JROW 5P TKD 6:15P	11 <b>Fit Row 5:45A</b>  Gentle Yoga 4:30P JROW 5:45P	12 <b>Boot Camp 6A</b> <b>SilverStrength 9A</b> Jenn Strength 4:15P Jenn Zumba 5P TKD 6:30P	13 <b>Fit Row 5:45A</b>  Jenn Yoga 9A	14
15	16 <b>Boot Camp 6A</b>  Open Yoga 10A  JROW 6:30P	17 <b>Boot Camp 6A</b> <b>SilverStrength 9A</b>  JROW 5P	18 <b>Fit Row 5:45A</b>  Gentle Yoga 4P JROW 5:45P	19 <b>Boot Camp 6A</b> <b>SilverStrength 9A</b> Jenn Yoga 10A Cindi Zumba 5P TKD 6:30P	20 <b>Fit Row 5:45A</b>  Jenn Yoga 9A	21
22	23 <b>Boot Camp 6A</b>  Open Yoga 10A  JROW 6P	24 <b>Boot Camp 6A</b> <b>SilverStrength 9A</b>  JROW 5P TKD 6:15P	25 <b>Fit Row 5:45A</b>  Gentle Yoga 4:30P JROW 5:45P	26 <b>Boot Camp 6A</b> <b>SilverStrength 9A</b> Jenn Yoga 10A Jenn Strength 4:15P Jenn Zumba 5P TKD 6:30P	27 <b>Fit Row 5:45A</b> (New Session) <b>Open Yoga 10A</b>	28
29	30 <b>Boot Camp 6A</b>  Open Yoga 10A  JROW 6P	31 <b>Boot Camp 6A</b> <b>SilverStrength 9A</b>  JROW 5P			<b>Questions/Concerns</b> <b>Contact: Jamie Medina</b> <b>Comm. Health and</b> <b>Wellness Coordinator</b> <b>507-831-0673</b>	Please be aware of schedule and/or time changes!  Thank You :)