



July Fitness Calendar 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	9:15 Morning walk ♦ 11:00 Morning Stretch ♦ 1:00 Weights ♦ 1:30 Noodle Hockey	4	10:30 Balance ♦ 11:00 Sit & Fit (aerobic) ♦ 1:00 Build w/ Bands	5	10:30 Morning stretch ♦ 11:00 Weights ♦ 1:00 Gentle Yoga ♦	6	10:30 Balance ♦ 11:00 Sit & Fit (aerobic) ♦ 1:00 Build w/ Bands	7	10:00 Gentle Yoga ♦ 10:30 Chair Volleyball
10	9:15 Morning walk ♦ 11:00 Morning Stretch ♦ 1:00 Weights ♦ 1:30 Noodle Hockey	11	10:30 Balance ♦ 11:00 Sit & Fit (aerobic) ♦ 1:00 Build w/ Bands	12	10:30 Morning stretch ♦ 11:00 Weights ♦ 1:00 Gentle Yoga ♦	13	10:30 Balance ♦ 11:00 Sit & Fit (aerobic) ♦ 1:00 Build w/ Bands	14	10:00 Gentle Yoga ♦ 10:30 Chair Volleyball
17	9:15 Morning walk ♦ 11:00 Morning Stretch ♦ 1:00 Weights ♦ 1:30 Noodle Hockey	18	10:30 Balance ♦ 11:00 Sit & Fit (aerobic) ♦ 1:00 Build w/ Bands	19	10:30 Morning stretch ♦ 11:00 Weights ♦ 1:00 Gentle Yoga	20	10:30 Balance ♦ 11:00 Sit & Fit (aerobic) ♦ 1:00 Build w/ Bands	21	10:00 Gentle Yoga ♦ 10:30 Chair Volleyball
24	9:15 Morning walk ♦ 11:00 Morning Stretch ♦ 1:00 Weights ♦ 1:30 Noodle Hockey	25	10:30 Balance ♦ 11:00 Sit & Fit (aerobic) ♦ 1:00 Build w/ Bands	26	10:30 Morning stretch ♦ 11:00 Weights ♦ 1:00 Gentle Yoga	27	10:30 Balance ♦ 11:00 Sit & Fit (aerobic) ♦ 1:00 Build w/ Bands	28	10:00 Gentle Yoga ♦ 10:30 Chair Volleyball
31	9:15 Morning walk ♦ 11:00 Morning Stretch ♦ 1:00 Weights ♦ 1:30 Noodle Hockey								
									

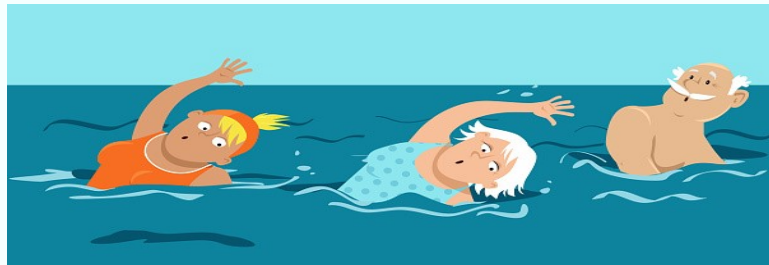
Summer time is here! Lets take advantage of the nice, warm weather and go swimming!!! Twin Creeks has a gorgeous pool that we can use. There are also classes we can attend.



Aqua Circuit Class is Mondays at 10:45 am

Aqua Fit Class is Tuesday/Thursdays at 10:45 am

Contact the front desk to arrange transportation! See you in the pool!



Aqua Circuit

Have fun while building strength and cardiovascular fitness by completing a series of total body exercise at a variety of stations around the perimeter of the pool.

AquaFit

In this class we use the resistance that water provides to strengthen and tone muscles while getting a great cardiovascular workout. We will also utilize a variety of equipment to enhance the exercise such as water dumbbells, kick boards and pool noodles.