

11	12	13	14	15	16	17
	7 am – Rise & Shine 8:30 am – Beg. Pickleball Lessons 8:30 am – Strength/Length/Bal 10:30 am – Functionally Fit 11:00 am – Dance/Parkinsons 11:30 am – Tang Soo Do 1 pm – Zumba 1 & 2:30 pm – Pickleball Novice	8:30 am – Muscular End. 9:30 am – Cycling 10 am – S&S Parkinsons 10:30 am – Body Strong 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance 1:45 pm – Pickleball Skills & Drills 4 pm – Tai Chi 5:15 pm – Limits Cycling 5:30 pm - Zumba	7 am – Rise & Shine 8:30 am – Stretch & Balance 9 am – Interval Training 9:30 am – Parkinson Recovery 10 am – Core Strength 10:30 am – Functionally Fit 11 am – Chair Yoga 1 & 2:30 pm – Pickleball Int/Adv	8 am – Sunrise Yoga 8:30 am – Muscular End. 10:30 am – Barre Fusion 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance 3 pm – Tai Chi 6 pm – Box Fit 101	7 am – Rise & Shine 8:30 am – Strength/Length/Bal 9:00 am – Cycling 9:30 am – Interval Training 10 am – Tai Chi 11 am – Tai Chi 12:30 pm - Pickleball All Levels	
18	19	20	21	22	23	24
	7 am – Rise & Shine 8:30 am – Beg. Pickleball Lessons 8:30 am – Strength/Length/Bal 10:30 am – Functionally Fit 11:00 am – Dance/Parkinsons 11:30 am – Tang Soo Do 1 pm – Zumba 1 & 2:30 pm – Pickleball Novice	8:30 am – Muscular End. 9:30 am – Cycling 10 am – S&S Parkinsons 10:30 am – Body Strong 11 am – Weight Room Or Orientation 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance 1:45 pm – Pickleball Skills & Drills 4 pm – Tai Chi 5:15 pm – Limits Cycling 5:30 pm - Zumba	7 am – Rise & Shine 8:30 am – Stretch & Balance 9 am – Interval Training 9:30 am – Parkinson Recovery 10 am – Core Strength 10:30 am – Functionally Fit 11 am – Chair Yoga 1 & 2:30 pm – Pickleball Int/Adv	8 am – Sunrise Yoga 8:30 am – Muscular End. 10:30 am – Barre Fusion 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance 3 pm – Tai Chi 6 pm – Box Fit 101	7 am – Rise & Shine 8:30 am – Strength/Length/Bal 9:00 am – Cycling 9:30 am – Interval Training 10 am – Tai Chi 11 am – Tai Chi 12:30 pm - Pickleball All Levels	
25	26	27	28	29	30	31
	7 am – Rise & Shine 8:30 am – Beg. Pickleball Lessons 8:30 am – Strength/Length/Bal 10:30 am – Functionally Fit 11:00 am – Dance/Parkinsons 11:30 am – Tang Soo Do 1 pm – Zumba 1 & 2:30 pm – Pickleball Novice	8:30 am – Muscular End. 9:30 am – Cycling 10 am – S&S Parkinsons 10:30 am – Body Strong 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance 1:45 pm – Pickleball Skills & Drills/Aug. 3 4 pm – Tai Chi 5:15 pm – Limits Cycling 5:30 pm - Zumba	7 am – Rise & Shine 8:30 am – Stretch & Balance 9 am – Interval Training 9:30 am – Parkinson Recovery 10 am – Core Strength 10:30 am – Functionally Fit 11 am – Chair Yoga 1 & 2:30 pm – Pickleball Int/Adv	8 am – Sunrise Yoga 8:30 am – Muscular End. 10:30 am – Barre Fusion 11 am – Weight Room Orientation 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance 3 pm – Tai Chi 6 pm – Box Fit 101	7 am – Rise & Shine 8:30 am – Strength/Length/Bal 9:00 am – Cycling 9:30 am – Interval Training 10 am – Tai Chi 11 am – Tai Chi 12:30 pm - Pickleball All Levels	