



July 2025

Mon	Tue	Wed	Thu
	1 10:15 Cardio Drumming 11:15 Golden Balance– Janet	2 10am Cardio Fit– Amy 11am Chair Yoga– Stef 11:15am Aqua Fit- Amy 12pm Mat Yoga– Stef	3 10:15 Cardio Drumming– Janet 11:15 Chair Zumba– Janet
7 10am Cardio Fit– Amy 11am Chair Yoga– Stef 11:15am Aqua Fit- Amy	8 10:15 Cardio Drumming	9 10am Cardio Fit– Amy 11am Chair Yoga– Stef 11:15am Aqua Fit- Amy 12pm Mat Yoga– Stef	10
14 11am Chair Yoga– Stef	15 10:15 Cardio Drumming 11:15 Golden Balance– Janet	16 10am Cardio Fit– Amy 11am Chair Yoga– Stef 11:15am Aqua Fit- Amy 12pm Mat Yoga– Stef	17 10:15 Cardio Drumming– Janet 11:15 Chair Zumba– Janet
21 10am Cardio Fit– Amy 11:15am Aqua Fit- Amy	22 10:15 Cardio Drumming 11:15 Golden Balance– Janet	23 10am Cardio Fit– Amy 11:15am Aqua Fit- Amy 12pm Mat Yoga– Amy(SUB)	24 10:15 Cardio Drumming 11:15 Chair Zumba– Janet
28 11am Chair Yoga– Stef	29 10:15 Cardio Drumming 11:15 Golden Balance– Janet	30 11am Chair Yoga– Stef 12pm Mat Yoga– Stef	31 10:15 Cardio Drumming 11:15 Chair Zumba– Janet