




| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|--|--|--|
| <p>Open Swim 8am-4pm Monday-Friday</p> | <p>1 8:30am Morning Stretch WCY 9:45am Supervised Swim WCP 11:00am Step into Balance WCE 1:00pm Outdoor Group Walking WCO or WCE 3:00pm Pedal America CR (Maine)</p> | <p>2 8:30am Morning Stretch WCY 10:00am Aqua with Carolyn WCP 10:00am MC Stretch/Strength (Therapy) 10:30am AL Stretch (Therapy) 2:00pm Mobility Chair Exercise Class WC</p> | <p>3 8:30am Morning Stretch WCY 10:00am Chair Yoga WCO 1:00pm Supervised Swim WPC 3:00pm Pedal America CR (Oregon)</p> | <p>4 </p> | <p>5 8:30am Morning Stretch WCY 11:00am Step into Balance WCE 1:00pm Outdoor Group Walking WCO or WCE 3:00pm Afternoon Tai Chi WCO</p> | <p>6  July Ragbrai Challenge!! See Carolyn for details.</p> |
| <p>7 </p> | <p>8 8:30am Morning Stretch WCY 9:45am Supervised Swim WCP 11:00am Step into Balance WCE 1:00pm Outdoor Group Walking WCO or WCE 3:00pm Pedal America CR (New Hampshire)</p> | <p>9 8:30am Morning Stretch WCY 10:00am Aqua with Gina WCP 10:00am MC Stretch/Strength 10:30am AL Stretch 2:00pm Mobility Chair Exercise Class WC</p> | <p>10 8:30am Morning Stretch WCY 10:00am Chair Yoga WCO 1:00pm Supervised Swim WPC 3:00pm Pedal America CR (Maryland & Delaware)</p> | <p>11 8:30am Morning Stretch WCY 10:00am Aqua with Gina WCP 10:00am MC Stretch/Strength 10:30am AL Stretch 2:00pm Strength Chair Exercise Class WCY</p> | <p>12 8:30am Morning Stretch WCY 11:00am Step into Balance WCE 1:00pm Outdoor Group Walking WCO or WCE 3:00pm Afternoon Tai Chi WCO</p> | <p>13</p> |
| <p>14</p> | <p>15 8:30am Morning Stretch WCY 9:45am Supervised Swim WCP 11:00am Step into Balance WCE 1:00pm Outdoor Group Walking WCO or WCE 3:00pm Pedal America CR (North Carolina)</p> | <p>16 8:30am Morning Stretch WCY 10:00am Aqua with Gina WCP 10:00am MC Stretch/Strength 10:30am AL Stretch 2:00pm Mobility Chair Exercise Class WCY</p> | <p>17 8:30am Morning Stretch WCY 10:00am Chair Yoga WCO 1:00pm Supervised Swim WPC 3:00pm Pedal America CR (New York)</p> | <p>18 8:30am Morning Stretch WCY 10:00am Aqua with Gina WCP 10:00am MC Stretch/Strength 10:30am AL Stretch 2:00pm Strength Chair Exercise Class WCY</p> | <p>19 8:30am Morning Stretch WCY 11:00am Step into Balance WCE 1:00pm Outdoor Group Walking WCO or WCE 3:00pm Afternoon Tai Chi WCO</p> | <p>20</p> |
| <p>21</p> | <p>22 8:30am Morning Stretch WCY 9:45am Supervised Swim WCP 11:00am Step into Balance WCE 1:00pm Outdoor Group Walking WCO or WCE 3:00pm Pedal America CR (Louisiana)</p> | <p>23 8:30am Morning Stretch WCY 10:00am Aqua with Carolyn WCP 10:30am MC Stretch/Strength 11:00am AL Stretch 2:00pm Mobility Chair Exercise Class WCY</p> | <p>24 8:30am Morning Stretch WCY 10:00am Zumba WCE 1:00pm Supervised Swim WPC 3:00pm Pedal America CR (New Mexico)</p> | <p>25 8:30am Morning Stretch WCY 10:00am Aqua with Carolyn WCP 10:30am MC Stretch/Strength 11:00 AL Stretch 2:00pm Strength Chair Exercise Class WCY</p> | <p>26 8:30am Morning Stretch WCY 11:00am Step into Balance WCE 1:00pm Outdoor Group Walking WCO or WCE 3:00pm Afternoon Tai Chi WCO</p> | <p>27 WCO Outdoor Area Weather Permits, Classes May Be Moved Inside.</p> |
| <p>28</p> | <p>29 8:30am Morning Stretch WCY 9:45am Supervised Swim WCP 11:00am Step into Balance WCE 1:00pm Outdoor Group Walking WCO or WCE 3:00pm Pedal America CR (Massachusetts)</p> | <p>30 8:30am Morning Stretch WCY 10:00am Aqua with Gina WCP 10:00am MC Stretch/Strength 10:30am AL Stretch 2:00pm Mobility Chair Exercise Class WCY</p> | <p>31 8:30am Morning Stretch WCY 10:00am Chair Yoga WCO 1:00pm Supervised Swim WPC 3:00pm Pedal America CR (Iowa) 4:00pm Ragbrai Party!!! CR</p> | | | <p>Key for Session Locations WCY Yoga Room WCE Exercise Room (Big Room) WCP Fitness Room WCO Outdoor Area WCP Pool CR Community Room AL Assisted Living MC Arbors</p> |

July Fitness Calendar

