



# Flagstone Fitness Terrace - July 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 8:00-9:15 Open Swim 8:30 Advanced Yoga (CR) 9:30 Strength Fusion-Weights CR <b>10:15 No Dancercise with Natalie</b> 1:00 Balance with Jodie	<b>2</b> 9:30 Cardio Mix (WS) 11:00 Water Aerobics 11:30-12:00 Open Swim 1:00 Strength Training with Jodie (WS)	<b>3</b> 8:00-9:00 Open Swim 9:30 Yoga 2 (CR) 1:00 Balance with Jodie	<b>Happy 4th of July! 4</b> <b>9:30 Cardio Mix Video (WS)</b> 11:00 Water Aerobics 11:30-12:00 Open Swim 1:00 Strength Training with Jodie (WS)	<b>5</b> 8:00-9:15 Open Swim <b>8:30 Advanced Yoga Video (WS)</b> 9:30 Strength Fusion Class – Bands (CR) 1:00 Balance with Jodie (WS)	<b>6</b>
<b>7</b>	<b>8</b> 8:00-9:15 Open Swim 8:30 Advanced Yoga (CR) 9:30 Strength Fusion-Weights CR 10:15 Dancercise with Natalie-CR 1:00 Balance with Jodie	<b>9</b> 9:30 Cardio Mix (WS) 11:00 Water Aerobics 11:30-12:00 Open Swim 1:00 Strength Training with Jodie (WS)	<b>10</b> 8:00-9:00 Open Swim 9:30 Yoga 2 (CR) 1:00 Balance with Jodie	<b>11</b> 9:30 Cardio Mix 11:00 Water Aerobics 11:30-12:00 Open Swim 1:00 Strength Training with Jodie (WS)	<b>12</b> 8:00-9:15 Open Swim 8:30 Advanced Yoga (CR) 9:30 Strength Fusion Class – Bands (CR) 1:00 Balance with Jodie (WS)	<b>13</b>
<b>14</b>	<b>15</b> 8:00-9:15 Open Swim 8:30 Advanced Yoga (CR) 9:30 Strength Fusion-Weights CR 10:15 Dancercise with Natalie-CR 1:00 Balance with Jodie	<b>16</b> 9:30 Cardio Mix (WS) 11:00 Water Aerobics 11:30-12:00 Open Swim 1:00 Strength Training with Jodie (WS)	<b>17</b> 8:00-9:00 Open Swim <b>9:30 Yoga (WS)</b> 1:00 Balance with Jodie	<b>18</b> 9:30 Cardio Mix (WS) 11:00 Water Aerobics 11:30-12:00 Open Swim 1:00 Strength Training with Jodie (WS)	<b>19</b> 8:00-9:15 Open Swim 8:30 Advanced Yoga (CR) 9:30 Strength Fusion Class– Bands (CR) 1:00 Balance with Jodie	<b>20</b>
<b>21</b>	<b>22</b> 8:00-9:15 Open Swim 8:30 Advanced Yoga (CR) 9:30 Strength Fusion-Weights CR 10:15 Dancercise with Natalie-CR 1:00 Balance with Jodie	<b>23</b> 9:30 Cardio Mix (WS) 11:00 Water Aerobics 11:30-12:00 Open Swim 1:00 Strength Training with Jodie (WS)	<b>24</b> 8:00-9:00 Open Swim 9:30 Yoga (CR) <b>1:00 No Balance with Jodie</b>	<b>25</b> 9:30 Cardio Mix (WS) 11:00 Water Aerobics 11:30-12:00 Open Swim 1:00 Strength Training with Jodie (WS)	<b>26</b> 8:00-9:15 Open Swim 8:30 Advanced Yoga (CR) 9:30 Strength Fusion Class– Bands (CR) 1:00 Balance with Jodie (WS)	<b>27</b>
<b>28</b>	<b>29</b> 8:00-9:15 Open Swim 8:30 Advanced Yoga (CR) 9:30 Strength Fusion-Weights CR 10:15 Dancercise with Natalie-CR 1:00 Balance with Jodie	<b>30</b> 9:30 Cardio Mix Class 11:00 Water Aerobics 11:30-12:00 Open Swim 1:00 Strength Training with Jodie (WS)	<b>31</b> 8:00-9:00 Open Swim 9:30 Yoga 2 (CR) 1:00 Balance with Jodie		<p><b>Activities on calendar are subject to change. Sign Up for Exercise Classes in the Binder by the Wellness Center.</b></p>	
<b>WS= Wellness Studio</b> <b>CR= Community Room</b>						