



JULY 2024



| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|---------------------------------------|--|---|---|--|---|
| | 1 4pm Super Circuit 530pm Spin | 2 4pm TRX 6pm Kung Fu | 3 12pm Spin 4pm Step | 4 NACA CLOSED | 5 Garden Work Day 9-10am 12pm Stretch | 6 |
| 7 | 8 4pm Super Circuit 530pm Spin | 9 4pm TRX 530pm DSME 6pm Kung Fu | 10 12pm Spin 4pm Step | 11 4pm Super Circuit | 12 Garden Work Day 9-10am 12pm Stretch 530pm Cedar Harvest | 13 |
| 14 | 15 4pm Super Circuit 530pm Spin | 16 4pm TRX 530pm DSME 6pm Kung Fu | 17 12pm Spin 4pm Step | 18 4pm TRX Yoga 530pm NFFL | 19 Garden Work Day 9-10am 12pm Intro to Yoga | 20 Spring into Summer Hiking Series at Fishers Point |
| 21 | 22 4pm Super Circuit 530pm Spin | 23 4pm TRX 530pm DSME 6pm Kung Fu | 24 12pm Spin 4pm Step 530pm Cedar Bundling | 25 4pm TRX Yoga 530pm NFFL | 26 Garden Work Day 9-10am 12pm Intro to Yoga | 27 |
| 28 | 29 4pm Super Circuit 530pm Spin | 30 530pm DSME 6pm Kung Fu | 31 12pm Spin 4pm Step | Group Fitness Classes Health Education Classes Announcements L.I.F.E. Community Events | | |