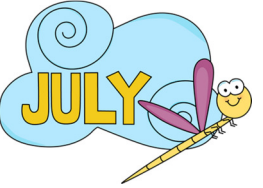



July 2017

Wellness Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*All classes held in the Wellness Center located in the lower level of the Community Center unless otherwise noted.</p>	<p>3</p> <p>8:30 Rise and Shine 9:45 Line Dancing 11:00 Low Impact Aerobics 11:30 Strength Training 2:00 Virtual Bowling League 6:00 Bocce Ball practice</p>	<p>4</p> 	<p>5</p> <p>9:00 Water Aerobics 11:00 Low Impact Aerobics 11:30 Strength Training 6:00 Putters League</p>	<p>6</p> <p>11:00 Balance & Stretch 1:00 Line Dancing 2:15 Walking Club meet in Wellness Center 6:00 Virtual Bowling League</p>	<p>7</p> <p>11:00 Low Impact Aerobics 11:30 Strength Training</p>	 <p>For the Wellness games I will be bring back some of our favorite Summer Olympic games for us! Weather permitting, most of the games will be held outside. Also this month we will be having an outdoor campfire with entertainment by "The Campfire Compadres". Our summer leagues are in full swing, it's not too late to join in the fun if you haven't already.</p> 
<p>9</p> <p>*Summer League will be held outside weather permitting*</p>	<p>10</p> <p>8:30 Rise and Shine 9:45 Line Dancing 11:00 Low Impact Aerobics 11:30 Strength Training 2:00 Virtual Bowling League 6:00 Bocce Ball League</p>	<p>11</p> <p>11:00 Balance & Stretch 2:15 Walking Club meet in Wellness Center 6:00 Shuffleboard League 6:00 Line Dancing</p>	<p>12</p> <p>9:00 Water Aerobics 11:00 Low Impact Aerobics 11:30 Strength Training 6:00 Putters League</p>	<p>13</p> <p>11:00 Balance & Stretch 1:00 Line Dancing 2:15 Walking Club meet in Wellness Center 6:00 Virtual Bowling League</p>	<p>14</p> <p>10:00 NATURE WALK Rochester Municipal Park 11:00 Low Impact Aerobics 11:30 Strength Training</p>	
<p>16</p>	<p>17</p> <p>8:30 Rise and Shine 9:45 Line Dancing 11:00 Low Impact Aerobics 11:30 Strength Training 2:00 Virtual Bowling League 6:00 Bocce Ball League</p>	<p>18</p> <p>11:00 Balance & Stretch 2:15 Walking Club meet in Wellness Center 6:00 Shuffleboard League 6:00 Line Dancing</p>	<p>19</p> <p>9:00 Water Aerobics 11:00 Low Impact Aerobics 11:30 Strength Training 6:00 Putters League</p>	<p>20</p> <p>11:00 Balance & Stretch 1:00 Line Dancing 2:15 Walking Club meet in Wellness Center 6:00 Virtual Bowling League</p>	<p>21</p> <p>11:00 Low Impact Aerobics 11:30 Strength Training</p>	
<p>23</p>	<p>24</p> <p>8:30 Rise and Shine 9:45 Line Dancing 11:00 Low Impact Aerobics 11:30 Strength Training 2:00 Virtual Bowling League 6:00 Bocce Ball League</p>	<p>25</p> <p>11:00 Balance & Stretch *No Walking Club today due to "Christmas in July" Party 6:00 Shuffleboard League 6:00 Line Dancing</p>	<p>26</p> <p>9:00 Water Aerobics 11:00 Low Impact Aerobics 11:30 Strength Training 6:00 Putters League</p>	<p>27</p> <p>11:00 Balance & Stretch 1:00 Line Dancing 2:15 Walking Club meet in Wellness Center 6:00 Virtual Bowling League</p>	<p>28</p> <p>10:00 Nature Walk Healing Gardens Clarkston 11:00 Low Impact Aerobics 11:30 Strength Training 2:00 Wellness Games Location TBD</p>	
<p>30</p>	<p>31</p> <p>8:30 Rise and Shine 9:45 Line Dancing 11:00 Low Impact Aerobics 11:30 Strength Training 2:00 Virtual Bowling League 6:00 Bocce Ball League</p>		<p>If you would like any 1:1 time for stretching, working with weights and/or equipment, please see Wellness Coordinator, Laura Burmeister</p>			

