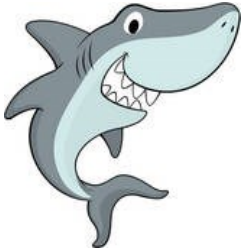


# August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> <b>Zumba Gold</b> 9:00 - 10:00 am  <b>Line Dance</b> 10:15 - 11:15 am  <b>Tae Kwon Do</b> 6:00 - 8:45 pm	<b>2</b> <b>CB Aerobics</b> 8:00 - 9:00 am  <b>Strength 45 - Fit</b> 9:15 - 10:00 am  <b>Moving for Better Balance</b> 10:30 - 11:30 am	<b>3</b> <b>Zumba Gold-Toning</b> 9:00 - 10:00 am  <b>Cycling CANCELED</b>  <b>Raqs Sharqi Dance</b> 3:30 - 4:30 pm  <b>Guitar Lesons</b> 6:00 - 7:00 pm  <b>Zumba</b> 6:00 - 7:00 pm	<b>4</b> <b>CB Aerobics</b> 8:00 - 9:00 am  <b>Strength Fusion</b> 9:15 - 10:15 am 10:30 - 11:30 am  <b>Champions in Motion</b> 6:00 - 6:45 pm white belts 6:45 - 7:30 pm yellow/green 7:30 - 8:15 pm blue & above	<b>5</b> <b>Zumba Toning</b> 9:00 - 10:00 am
<b>6</b>	<b>7</b> <b>CB Aerobics</b> 8:00 - 9:00 am  <b>Strength 45 - Fit</b> 9:15 - 10:00 am  <b>Zumba</b> 10:15 - 11:15 am	<b>8</b> <b>Zumba Gold</b> 9:00 - 10:00 am  <b>Line Dance</b> 10:15 - 11:15 am  <b>Tae Kwon Do</b> 6:00 - 8:45 pm	<b>9</b> <b>CB Aerobics</b> 8:00 - 9:00 am  <b>Strength 45 - Fit</b> <b>CANCELED</b>	<b>10</b> <b>Zumba Gold-Toning</b> 9:00 - 10:00 am  <b>Cycling</b> 10:15 - 11:10 am  <b>Raqs Sharqi Dance</b> 3:30 - 4:30 pm  <b>Guitar Lessons</b> 6:00 - 7:00 pm  <b>Zumba</b> 6:00 - 7:00 pm	<b>11</b> <b>CB Aerobics</b> 8:00 - 9:00 am  <b>Strength Fusion CANCELED</b>  <b>Champions in Motion</b> 6:00 - 6:45 pm white belts 6:45 - 7:30 pm yellow/green 7:30 - 8:15 pm blue & above	<b>12</b> <b>Zumba Toning</b> 9:00 - 10:00 am
<b>13</b>	<b>14</b> <b>CB Aerobics</b> 8:00 - 9:00 am  <b>Strength 45 - Fit</b> 9:15 - 10:00 am  <b>Zumba</b> 10:15 - 11:15 am	<b>15</b> <b>Zumba Gold</b> 9:00 - 10:00 am  <b>Line Dance</b> 10:15 - 11:15 am  <b>Tae Kwon Do</b> 6:00 - 8:45 pm	<b>16</b> <b>CB Aerobics</b> 8:00 - 9:00 am  <b>Strength 45 - Fit</b> 9:15 - 10:00 am	<b>17</b> <b>Zumba Gold-Toning</b> 9:00 - 10:00 am  <b>Cycling</b> 10:15 - 11:10 am  <b>Raqs Sharqi Dance</b> 3:30 - 4:30 pm  <b>Guitar Lessons</b> 6:00 - 7:00 pm  <b>Zumba</b> 6:00 - 7:00 pm	<b>18</b> <b>CB Aerobics</b> 8:00 - 9:00 am  <b>Strength Fusion</b> 9:15 - 10:15 am <b>Moonlight Madness</b> 5:30 - 10:00 pm  <b>Champions in Motion</b> 6:00 - 6:45 pm white belts 6:45 - 7:30 pm yellow/green 7:30 - 8:15 pm blue & above	<b>19</b> <b>Zumba Toning</b> 9:00 - 10:00 am
<b>20</b>	<b>21</b> <b>CB Aerobics</b> 8:00 - 9:00 am  <b>Strength 45 - Fit</b> 9:15 - 10:00 am  <b>Zumba</b> 10:15 - 11:15 am	<b>22</b> <b>Zumba Gold</b> 9:00 - 10:00 am  <b>Line Dance</b> 10:15 - 11:15 am  <b>Tae Kwon Do</b> 6:00 - 8:45 pm	<b>23</b> <b>CB Aerobics</b> 8:00 - 9:00 am  <b>Strength 45 - Fit</b> 9:15 - 10:00 am	<b>24</b> <b>Zumba Gold-Toning</b> 9:00 - 10:00 am  <b>Cycling</b> 10:15 - 11:10 am  <b>Raqs Sharqi Dance</b> 3:30 - 4:30 pm  <b>Guitar Lessons</b> 6:00 - 7:00 pm  <b>Zumba</b> 6:00 - 7:00 pm	<b>25</b> <b>CB Aerobics</b> 8:00 - 9:00 am  <b>Strength Fusion</b> 9:15 - 10:15 am  <b>Champions in Motion</b> 6:00 - 6:45 pm white belts 6:45 - 7:30 pm yellow/green 7:30 - 8:15 pm blue & above	<b>26</b> <b>Zumba Toning</b> 9:00 - 10:00 am
<b>27</b>	<b>28</b> <b>CB Aerobics</b> 8:00 - 9:00 am  <b>Strength 45 - Fit</b> 9:15 - 10:00 am  <b>Zumba</b> 10:15 - 11:15 am	<b>29</b> <b>Zumba Gold</b> 9:00 - 10:00 am  <b>Line Dance</b> 10:15 - 11:15 am  <b>Tae Kwon Do</b> 6:00 - 8:45 pm	<b>30</b> <b>CB Aerobics</b> 8:00 - 9:00 am  <b>Strength 45 - Fit</b> 9:15 - 10:00 am	<b>31</b> <b>Zumba Gold-Toning</b> 9:00 - 10:00 am  <b>Cycling</b> 10:15 - 11:10 am  <b>Raqs Sharqi Dance</b> 3:30 - 4:30 pm  <b>Guitar Lessons</b> 6:00 - 7:00 pm  <b>Zumba</b> 6:00 - 7:00 pm	<b>All fitness class participants must be a Recreation Center member or pay the daily guest fee prior to attending class.</b>	