July 2018 | Wellness Center Schedule

(Please refer to the Summer 2018 catalog or the website for a full listing of classes.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 167 - Better Balance: Free From Falls | 10:45 - 11:45 172 - Bone-Building Fitness | 12:00 - 1:00 221 - Soul Line Dancing - True Beginner | 1:15 - 2:15 531 - Oasis Slow Jam: A Treasure Chest of Songs 2:30 - 3:30	**3** 183 - Gentle Strength, Balance & Flexibility 9:30 - 10:30 217 - Soul Line Dancing | 10:45 - 11:45 209 - Restorative Pilates | 1:15 - 2:00	**4** Centers will be closed in observance of Independence Day	**5** 184 - Gentle Strength, Balance & Flexibility 9:30 - 10:30 196 - Line Dancing & Beyond: Improver | 12:00 - 1:00 210 - Restorative Pilates | 1:15 - 2:00	**6** 236 - Total Body Kickboxing for 50+ | 10:45 - 11:45 171 - Bone-Building Fitness | 12:00 - 1:00 224 - Stretches & Exercises for a Pain-Free Back & Body | 1:15 - 2:15 165 - Ballet | 2:30 - 3:30
9 167 - Better Balance: Free From Falls | 10:45 - 11:45 172 - Bone-Building Fitness | 12:00 - 1:00 221 - Soul Line Dancing - True Beginner | 1:15 - 2:15 531 - Oasis Slow Jam: A Treasure Chest of Songs 2:30 - 3:30	**10** 185 - Gentle Strength, Balance & Flexibility 9:30 - 10:30 218 - Soul Line Dancing | 10:45 - 11:45	**11** 206 - Qigong for Wellness & Relaxation | 9:15 - 10:30 177 - Essentrics, Classical Stretch | 10:35 - 11:30 203 - Noontime Zumba Gold | 12:00 - 1:00 528 - Basic Improv Workshop | 1:15 - 3:15	**12** 186 - Gentle Strength, Balance & Flexibility 9:30 - 10:30 197 - Line Dancing & Beyond: Improver | 12:00 - 1:00	**13** 237 - Total Body Kickboxing for 50+ | 10:45 - 11:45 173 - Bone-Building Fitness | 12:00 - 1:00 225 - Stretches & Exercises for a Pain-Free Back & Body | 1:15 - 2:15 165 - Ballet | 2:30 - 3:30
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