

Fitness Classes - August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 9:00 Sit & Fit - TH 10:30-12:00 Open Gym - FC 3:30 Sit & Fit - TH 4:00 Qigong - TH	2 9:00 Balance Class - TH 1:00 Posture Fix - TH 2:00 Circuit Training - FC	3 10:30-12:00 Open Gym - FC 3:30 Sit & Fit - TH 4:00 Qigong - TH	4 9:00 Balance Class - TH 1:30 Balance Class - TH	5 10:30 -12:00 Open Gym - FC 3:30 Sit & Fit - TH 4:00 Qigong - TH	6 9:00 Posture Fix - TH	
7	8 9:00 Sit & Fit - TH 10:30-12:00 Open Gym - FC 3:30 Sit & Fit - TH 4:00 Qigong - TH	9 9:00 Balance Class - TH 1:00 Posture Fix - TH 2:00 Circuit Training - FC	10 9:00 Fit & Active - CY 10:30-12:00 Open Gym - FC 4:00 Qigong - TH	11 9:00 Balance Class - TH 1:30 Balance Class - TH	12 10:30 -12:00 Open Gym - FC 3:30 Sit & Fit - TH 4:00 Qigong - TH	13 9:00 Posture Fix - TH	
14	15 9:00 Sit & Fit - TH 10:30-12:00 Open Gym - FC 3:30 Sit & Fit - TH 4:00 Qigong - TH	16 9:00 Balance Class - TH 1:00 Posture Fix - TH 2:00 Circuit Training - FC	17 10:30-12:00 Open Gym - FC 3:30 Sit & Fit - TH 4:00 Qigong - TH	18 9:00 Balance Class - TH 1:30 Balance Class - TH	19 10:30 -12:00 Open Gym - FC 3:30 Sit & Fit - TH 4:00 Qigong - TH	20 9:00 Posture Fix - TH	
21	22 9:00 Sit & Fit - TH 10:30-12:00 Open Gym - FC 3:30 Sit & Fit - TH 4:00 Qigong - TH	23 9:00 Balance Class - TH 1:00 Posture Fix - TH 2:00 Circuit Training - FC	24 9:00 Fit & Active - CY 10:30-12:00 Open Gym - FC 3:30 Sit & Fit - TH 4:00 Qigong - TH	25 9:00 Balance Class - TH 1:30 Balance Class - TH	26 10:30 -12:00 Open Gym - FC 3:30 Sit & Fit - TH 4:00 Qigong - TH	27 9:00 Posture Fix - TH	
28	29 9:00 Sit & Fit - TH 10:30-12:00 Open Gym - FC 3:30 Sit & Fit - TH 4:00 Qigong - TH	30 9:00 Balance Class - TH 1:00 Posture Fix - TH 2:00 Circuit Training - FC	31 10:30-12:00 Open Gym - FC 3:30 Sit & Fit - TH 4:00 Qigong - TH	<p>Call Brenda at extension 1482 to get help designing a program for you or to answer any fitness related questions you have!</p> 			 <p>TWIN CREEKS An Active Adult Community (541) 664-8880 www.twincreeksretirement.com</p>

