

July 2024

Wellness Calendar Lisa Roepke, Wellness Coordinator

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|--|--|--|---|-----------|
| | 1 9:00 Tone Zone P 10:00 Wellness Exercise IP 11:00 Tone Zone GC 1:00 Brain Power P 2:30 Brain Power GC | 2 9:00 Balance P 10:00 Brain Power 11:00 Chair Yoga 1:00 Wellness Exercise SLC/BC | 3 9:00 Flexibility P 10:00 Wellness Exercise 11:00 Balance GC 1:00 Wellness Exercise SLC/BC | 4 Happy Fourth of July | 5 9:00 Tone Zone P 10:00 Wellness Exercise 11:00 Balance GC | 6 |
| 7 | 8 9:00 Tone Zone P 10:00 Wellness Exercise IP 11:00 Tone Zone GC 1:00 Brain Power P 2:30 Brain Power GC | 9 9:00 Balance P 10:00 Brain Power 11:00 Chair Yoga 1:00 Wellness Exercise SLC/BC | 10 9:00 Flexibility P 10:00 Wellness Exercise 11:00 Balance GC 1:00 Wellness Exercise SLC/BC | 11 9:00 Chair Yoga P 10:00 Brain Power 11:00 Tone Zone GC 1:00 Brain Power P 2:30 Brain Power GC | 12 9:00 Tone Zone P 10:00 Wellness Exercise 11:00 Balance GC | 13 |
| 14 | 15 9:00 Tone Zone P 10:00 Wellness Exercise IP 11:00 Tone Zone GC 1:00 Brain Power P 2:30 Brain Power GC | 16 9:00 Balance P 10:00 Brain Power 11:00 Chair Yoga 1:00 Wellness Exercise SLC/BC | 17 9:00 Flexibility P 10:00 Wellness Exercise 11:00 Balance GC 1:00 Wellness Exercise SLC/BC | 18 9:00 Chair Yoga P 10:00 Brain Power 11:00 Tone Zone GC 1:00 Brain Power P 2:30 Brain Power GC | 19 9:00 Tone Zone P 10:00 Wellness Exercise 11:00 Balance GC | 20 |
| 21 | 22 9:00 Tone Zone P 10:00 Wellness Exercise IP 11:00 Tone Zone GC 1:00 Brain Power P 2:30 Brain Power GC | 23 9:00 Balance P 10:00 Brain Power 11:00 Chair Yoga 1:00 Wellness Exercise SLC/BC | 24 9:00 Flexibility P 10:00 Wellness Exercise 11:00 Balance GC 1:00 Wellness Exercise SLC/BC | 25 9:00 Chair Yoga P 10:00 Brain Power 11:00 Tone Zone GC 1:00 Brain Power P 2:30 Brain Power GC | 26 9:00 Tone Zone P 10:00 Wellness Exercise 11:00 Balance GC | 27 |
| 28 | 29 9:00 Tone Zone P 10:00 Wellness Exercise IP 11:00 Tone Zone GC 1:00 Brain Power P 2:30 Brain Power GC | 30 9:00 Balance P 10:00 Brain Power 11:00 Chair Yoga 1:00 Wellness Exercise SLC/BC | 31 9:00 Flexibility P 10:00 Wellness Exercise 11:00 Balance GC 1:00 Wellness Exercise SLC/BC | | Notice: July 18th & 19th Wellness for the GC and the Pointe will be on video @the Pointe. | |