

JULY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
* = Community Fitness (Mondays 6:15-7pm)	<u>For more information:</u> Ginger x204, Susannah x202, Kim x208, Melanie x207, Sean x212			1 SUMMER AE Layered Painting Technique 4:30-5:30pm AQUA FITNESS 6:30-7:30pm (see back for assigned swim times) FITNESS L1 6:00-6:30pm or L2 6:30-7:00pm	2	3 AQUA FITNESS 10:30-11:30am (see back for assigned swim times)
4 Happy 4th of July! 	5 NO FITNESS	6	7 AQUA FITNESS 5:00-6:00pm (see back for assigned swim times)	8 AQUA FITNESS 6:30-7:30pm (see back for assigned swim times) FITNESS L1 6:00-6:30pm or L2 6:30-7:00pm	9 Move and Groove 6:30-7:30pm SWC Fitness Room (See flyer for details)	10 AQUA FITNESS 10:30-11:30am (see back for assigned swim times)
11	12* Games Night 7-8pm \$1.00 FITNESS (see back for team times)	13  Volleyball 6:30-7:30pm	14 AQUA FITNESS 5:00-6:00pm (see back for assigned swim times)	15 AQUA FITNESS 6:30-7:30pm (see back for assigned swim times) FITNESS L1 6:00-6:30pm or L2 6:30-7:00pm	16	17 Sidewalk Chalk Festival Open Music 1-2:30pm AQUA FITNESS 10:30-11:30am (see back for assigned swim times)
18	19* FITNESS (see back for team times)	20	21 AQUA FITNESS 5:00-6:00pm (see back for assigned swim times)	22 AQUA FITNESS 6:30-7:30pm (see back for assigned swim times) FITNESS L1 6:00-6:30pm or L2 6:30-7:00pm	23 Summer Drop-In Campfire Sing-a-long 6:30-8:00pm NEV~\$2 Com~\$4	24 AQUA FITNESS 10:30-11:30am (see back for assigned swim times)
25	26* Super Bingo 7-8pm \$2.00 per card FITNESS (see back for team times)	27 SUMMER ADULT ED Summer Salads 5:30-6:30pm *pre-registration required	28 AQUA FITNESS 5:00-6:00pm (see back for assigned swim times)	29 AQUA FITNESS 6:30-7:30pm (see back for assigned swim times) FITNESS L1 6:00-6:30pm or L2 6:30-7:00pm	30	31 AQUA FITNESS 10:30-11:30am (see back for assigned swim times)

Adult Ed Classes: Shaded gray areas are open to Community participants. All events take place at the Sollar Wellness Center unless otherwise noted.