



JULY 2019

6th-12th



Monday	Tuesday	Wednesday	Thursday	Friday
1 10,000 Shot (6-12) 9-10am	2 Jump for Fem, (6-12)7:45-8:45	3 Jump for Fem, (6-12)7:45-8:45	4	5 10,000 Shot (6-12) 9-10am
8 Weights/Speed (6-12) 7-9am Get Active in the Community (6-8) 9-12pm 10,000 Shot (6-12) 9-10am Kitchen Fun (6-9) 10-12pm	9 Jump for Fem, (6-12)7:45-8:45 Get Active in the Community (6-8) 9-12pm Kitchen Fun (6-9) 10-12pm	10 Weights/Speed (6-12) 7-9am Get Active in the Community (6-8) 9-12pm 10,000 Shot (6-12) 9-10am Kitchen Fun (6-9) 10-12pm	11 Jump for Fem, (6-12)7:45-8:45 Get Active in the Community (6-8) 9-12pm Kitchen Fun (6-9) 10-12pm	12 10,000 Shot (6-12) 9-10am
15 Weights/Speed (6-12) 7-9am Get Active in the Community (6-8) 9-12pm 10,000 Shot (6-12) 9-10am	16 Jump for Fem, (6-12)7:45-8:45 Get Active in the Community (6-8) 9-12pm	17 Weights/Speed (6-12) 7-9am Get Active in the Community (6-8) 9-12pm 10,000 Shot (6-12) 9-10am	18 Jump for Fem, (6-12)7:45-8:45 Get Active in the Community (6-8) 9-12pm	19 10,000 Shot (6-12) 9-10am
22 Weights/Speed (6-12) 7-9am 10,000 Shot (6-12) 9-10am	23	24 Weights/Speed (6-12) 7-9am 10,000 Shot (6-12) 9-10am	25	26 10,000 Shot (6-12) 9-10am
29 Swimming Class (6-9) 8-12pm 10,000 Shot (6-12) 9-10am	30 Jump for Fem, (6-12)7:45-8:45 Swimming Class (6-9) 8-12pm	31 Jump for Fem, (6-12)7:45-8:45 Swimming Class (6-9) 8-12pm 10,000 Shot (6-12) 9-10am		