

# August

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>1</b>	<b>2</b> 8:30 Aqua Fit 10:00 Arthritis 11:00 Aqua Fit 5:00 Ultimate Body 5:45 Core 6:00 Cardio Kickboxing	<b>3</b> 8:30 Aqua Fit 10:00 Senior Stretch-n-Tone 11:00 Aqua Fit 4:00 Kickboxing 101 6:00 Aqua Blast	<b>4</b> 8:30 Aqua Fit 10:00 Low Impact 11:00 Aqua Fit 5:00 Ultimate Body 5:45 Core 6:00 Interval Step	<b>5</b> 8:30 Aqua Fit 10:00 Arthritis 11:00 Aqua Fit 5:00 Just Step 6:00 Aqua Blast	<b>6</b> 8:30 Aqua Fit 10:00 Low Impact	<b>7</b>
<b>8</b>	<b>9</b> 8:30 Aqua Fit 10:00 Arthritis 11:00 Aqua Fit 5:00 Ultimate Body 5:45 Core 6:00 Cardio Kickboxing	<b>10</b> 8:30 Aqua Fit 10:00 Senior Stretch-n-Tone 11:00 Aqua Fit 4:00 Kickboxing 101 6:00 Aqua Blast	<b>11</b> 8:30 Aqua Fit 10:00 Low Impact 11:00 Aqua Fit 5:00 Ultimate Body 5:45 Core 6:00 Interval Step	<b>12</b> 8:30 Aqua Fit 10:00 Arthritis 11:00 Aqua Fit 5:00 Just Step 6:00 Aqua Blast	<b>13</b> 8:30 Aqua Fit 10:00 Low Impact	<b>14</b>
<b>15</b>	<b>16</b> 8:30 Aqua Fit 10:00 Arthritis 11:00 Aqua Fit 5:00 Ultimate Body 5:45 Core 6:00 Cardio Kickboxing	<b>17</b> 8:30 Aqua Fit 10:00 Senior Stretch-n-Tone 11:00 Aqua Fit 4:00 Kickboxing 101 6:00 Aqua Blast	<b>18</b> 8:30 Aqua Fit 10:00 Low Impact 11:00 Aqua Fit 5:00 Ultimate Body 5:45 Core 6:00 Interval Step	<b>19</b> 8:30 Aqua Fit 10:00 Arthritis 11:00 Aqua Fit 5:00 Just Step 6:00 Aqua Blast	<b>20</b> 8:30 Aqua Fit 10:00 Low Impact	<b>21</b>
<b>22</b>	<b>23</b> 8:30 Aqua Fit 10:00 Arthritis 11:00 Aqua Fit 5:00 Ultimate Body 5:45 Core 6:00 Cardio Kickboxing	<b>24</b> 8:30 Aqua Fit 10:00 Senior Stretch-n-Tone 11:00 Aqua Fit 4:00 Kickboxing 101 6:00 Aqua Blast	<b>25</b> 8:30 Aqua Fit 10:00 Low Impact 11:00 Aqua Fit 5:00 Ultimate Body 5:45 Core 6:00 Interval Step	<b>26</b> 8:30 Aqua Fit 10:00 Arthritis 11:00 Aqua Fit 5:00 Just Step 6:00 Aqua Blast	<b>27</b> 8:30 Aqua Fit 10:00 Low Impact	<b>28</b>
<b>29</b>	<b>30</b> 8:30 Aqua Fit 10:00 Arthritis 11:00 Aqua Fit 5:00 Ultimate Body 5:45 Core 6:00 Cardio Kickboxing	<b>31</b> 8:30 Aqua Fit 10:00 Senior Stretch-n-Tone 11:00 Aqua Fit 4:00 Kickboxing 101 6:00 Aqua Blast				

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