

AUGUST 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 8:30 SS Aquacise 9:00am SS Yoga 5:30pm Power Hour *7:00pm Summer Splash	2 *7:45am TRX 8:30 Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	3 Pool opened only 12:00pm-6:00pm
4	5 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 10:00am Line Dance 5:30pm Power Hour	6 8:30am Aquacise 9:00am SS Yoga *7:00pm Summer Splash	7 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	8 8:30 SS Aquacise 9:00am SS Yoga 5:30pm Power Hour *7:00pm Summer Splash	9 *7:45am TRX 8:30 Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> Rec Center closes at 3:00pm	10 Waldensian Footrace Rec Center closed <u>ALL DAY</u>
11 Waldensian Festival Weekend Rec Center closed <u>ALL DAY</u>	12 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 10:00am Line Dance 5:30pm Power Hour	13 8:30am Aquacise 9:00am SS Yoga *7:00pm Summer Splash	14 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	15 8:30 SS Aquacise 9:00am SS Yoga 5:30pm Power Hour *7:00pm Summer Splash	16 *7:45am TRX 8:30 Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	17
18 <u>Fitness Room Hours:</u> M-F 5:30am-8:30pm Sat. 7:00am-6:00pm Sun.	19 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 10:00am Line Dance 5:30pm Power Hour	20 8:30am Aquacise 9:00am SS Yoga *7:00pm Summer Splash	21 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	22 8:30 SS Aquacise 9:00am SS Yoga 5:30pm Power Hour *7:00pm Summer Splash	23 *7:45am TRX 8:30 Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	24
25	26 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 10:00am Line Dance 5:30pm Power Hour	27 8:30am Aquacise 9:00am SS Yoga *7:00pm Summer Splash	28 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	29 8:30 SS Aquacise 9:00am SS Yoga 5:30pm Power Hour *7:00pm Summer Splash	30 *7:45am TRX 8:30 Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	31