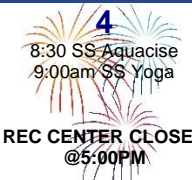


JULY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 10:00am Line Dance 5:30pm Power Hour	2 8:30am Aquacise 9:00am SS Yoga *7:00pm Summer Splash	3 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	4  8:30 SS Aquacise 9:00am SS Yoga REC CENTER CLOSES @5:00PM	5 *7:45am TRX 8:30 Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	6 VTST Home Swim meet Pool open @ 2pm
7	8 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 10:00am Line Dance 5:30pm Power Hour	9 8:30am Aquacise 9:00am SS Yoga *7:00pm Summer Splash	10 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	11 8:30 SS Aquacise 9:00am SS Yoga 5:30pm Power Hour *7:00pm Summer Splash	12 *7:45am TRX 8:30 Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	13
14 <u>Fitness Room Hours:</u> M-F 5:30am-8:30pm Sat. 7:00am-8:00pm Sun. 1:00pm-5:00pm	15 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 10:00am Line Dance 5:30pm Power Hour	16 8:30am Aquacise 9:00am SS Yoga *7:00pm Summer Splash	17 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	18 8:30 SS Aquacise 9:00am SS Yoga 5:30pm Power Hour *7:00pm Summer Splash	19 *7:45am TRX 8:30 Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	20
21	22 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 10:00am Line Dance 5:30pm Power Hour	23 8:30am Aquacise 9:00am SS Yoga *7:00pm Summer Splash	24 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	25 8:30 SS Aquacise 9:00am SS Yoga 5:30pm Power Hour *7:00pm Summer Splash	26 *7:45am TRX 8:30 Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	27
28	29 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 10:00am Line Dance 5:30pm Power Hour	30 8:30am Aquacise 9:00am SS Yoga *7:00pm Summer Splash	31 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX			