

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2017 WELLNESS 		1 9:15 AM DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR	2 10:00 AM MEALS FROM THE HEARTLAND VOLUNTEER SERVICE RR	3 9:00 AM DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR	4 NO CLASS	5 3:30 PM LADDER BALL ML
		6	7 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE & STRETCH RR	8 9:15 AM DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR	9 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE & STRETCH RR	10 9:00 AM DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR
13	14 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE & STRETCH RR	15 9:15 AM DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR	16 STATE FAIR DAY	17 9:00 AM DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR	18 9:15 AM DAILY FITNESS CLASS RR	19
20	21 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE & STRETCH RR	22 9:15 AM DAILY FITNESS CLASS RR	23 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE & STRETCH RR 3:30 PM HEALTHY LIVING ML	24 9:00 AM DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR	25 9:15 AM DAILY FITNESS CLASS RR	26
27	28 9:15 AM DAILY FITNESS CLASS WITH VOLUNTEER RR 11:00 AM STRENGTH CLASS RR	29 9:15 AM DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR	30 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE & STRETCH RR	31 9:00 AM DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR		