




Walker Ice and Fitness Senior Calendar

August 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:30-11:15 AM SilverSneakers II Cardio Circuit	3 10:30-11:15 AM SilverSneakers I Muscular Strength	4 10:30-11:15 AM SilverSneakers II Cardio Circuit	5 10:30-11:15 AM SilverSneakers I Muscular Strength	6	7 10:00-10:45 AM SilverSneakers I Muscular Strength
August class special: <i>*Every time you come to a SilverSneaker class in August you earn one sun and</i>	9 10:30-11:15 AM SilverSneakers II Cardio Circuit	10 10:30-11:15 AM SilverSneakers I Muscular Strength	11 10:30-11:15 AM SilverSneakers II Cardio Circuit	12 10:30-11:15 AM SilverSneakers I Muscular Strength	13	14 10:00-10:45 AM SilverSneakers I Muscular Strength
<i>will be entered into a price drawing. The drawing will be held in class on Tuesday Aug 31! Good Luck!</i>	16 10:30-11:15 AM SilverSneakers II Cardio Circuit	17 10:30-11:15 AM SilverSneakers I Muscular Strength	18 10:30-11:15 AM SilverSneakers II Cardio Circuit	19 10:30-11:15 AM SilverSneakers I Muscular Strength	20	21 10:00-10:45 AM SilverSneakers I Muscular Strength
22 	23 10:30-11:15 AM SilverSneakers II Cardio Circuit	24 10:30-11:15 AM SilverSneakers I Muscular Strength	25 10:30-11:15 AM SilverSneakers II Cardio Circuit	26 10:30-11:15 AM SilverSneakers I Muscular Strength	27	28 10:00-10:45 AM SilverSneakers I Muscular Strength
29	30 10:30-11:15 AM SilverSneakers II Cardio Circuit	31 10:30-11:15 AM SilverSneakers I Muscular Strength			