

# August 2017

# Chair/Tai Chi Fitness

| Sunday    | Monday  | Tuesday   | Wednesday   | Thursday  | Friday                       | Saturday  |
|-----------|---|-----------|---|-----------|------------------------------|-----------|
|           |   | <b>1</b>  | <b>2</b>  | <b>3</b>  | <b>4</b>                     | <b>5</b>  |
|           |   |           | 9:00am Chair-Lentha<br>10:10am Tai Chi-<br>Emmy     |           | 10:10am Tai Chi-<br>Emmy     |           |
| <b>6</b>  | <b>7</b>  | <b>8</b>  | <b>9</b>  | <b>10</b> | <b>11</b>                    | <b>12</b> |
|           | 9:00am Chair-Lentha<br>10:10am Tai Chi-<br>No class |           | 9:00am Chair-Lentha<br>10:10am Tai Chi-<br>No class |           | 10:10am Tai Chi-<br>No class |           |
| <b>13</b> | <b>14</b>   | <b>15</b> | <b>16</b>   | <b>17</b> | <b>18</b>                    | <b>19</b> |
|           | 9:00am Chair-Lentha<br>10:10am Tai Chi-<br>Emmy     |           | 9:00am Chair-Lentha<br>10:10am Tai Chi-<br>Emmy     |           | 10:10am Tai Chi-<br>Emmy     |           |
| <b>20</b> | <b>21</b>   | <b>22</b> | <b>23</b>   | <b>24</b> | <b>25</b>                    | <b>26</b> |
|           | 9:00am Chair-Lentha<br>10:10am Tai Chi-<br>Emmy     |           | 9:00am Chair-Lentha<br>10:10am Tai Chi-<br>Emmy     |           | 10:10am Tai Chi-<br>Emmy     |           |
| <b>27</b> | <b>28</b>   | <b>29</b> | <b>30</b>   | <b>31</b> |                              |           |
|           | 9:00am Chair-Lentha<br>10:10am Tai Chi-<br>Emmy     |           | 9:00am Chair-Lentha<br>10:10am Tai Chi-<br>Emmy     |           |                              |           |