

SUN	MON	TUE	WED	THUR	FRI	SAT
	31 LOCATION KEY AR - Aerobics Room 973 - Channel 973 FC - Fitness Center JAC - Jefferson Aquatic Center				8:00 Walking Group (FC) 1 10:45 Smart Bells (AR) 11:30 Cornhole (AR)	2
	3 9:45 Aqua Balance and Strength (JAC) 4 10:45 Smart Bells (AR) 2:00 ABC's (AR)	8:00 Walking Group (FC) 5 9:45 Aquacise (JAC) 10:45 Smart Bells II (AR) 11:30 Cornhole (AR) 1:00 Small Group Strength Session (AR) 2:15 Hatha Yoga: Mixed Level (AR) 7:30 Sunset Tiki Boat Cruise	9:45 Aqua Balance and Strength (JAC) 6 10:45 Smart Bells (AR) 2:00 ABC's (AR)	9:45 Aquacise (JAC) 7 10:45 Smart Bells II (AR) 11:30 Bold Moves (AR) 1:00 Small Group Strength Session (AR) 2:15 Chair Yoga (AR)	8:00 Walking Group (FC) 8 10:45 Smart Bells (AR) 11:30 Cornhole (AR)	9
	10 9:45 Aqua Balance and Strength (JAC) 11 10:45 Smart Bells (AR) 2:00 ABC's (AR)	8:00 Walking Group (FC) 12 9:45 Aquacise (JAC) 10:45 Smart Bells II (AR) 11:30 Cornhole (AR) 1:00 Small Group Strength Session (AR) 2:15 Hatha Yoga: Mixed Level (AR)	9:45 Aqua Balance and Strength (JAC) 13 10:45 Smart Bells (AR) 2:00 ABC's (AR)	9:45 Aquacise (JAC) 14 10:45 Smart Bells II (AR) 11:30 Bold Moves (AR) 1:00 Small Group Strength Session (AR) 2:15 Chair Yoga (AR)	8:00 Walking Group (FC) 15 10:45 Smart Bells (AR) 11:30 Cornhole (AR)	16
	17 9:45 Aqua Balance and Strength (JAC) 18 10:45 Smart Bells (AR) 2:00 ABC's (AR)	8:00 Walking Group (FC) 19 9:45 Aquacise (JAC) 10:45 Smart Bells II (AR) 11:30 Cornhole (AR) 1:00 Small Group Strength Session (AR) 2:15 Hatha Yoga: Mixed Level (AR)	9:45 Aqua Balance and Strength (JAC) 20 10:45 Smart Bells (AR) 2:00 ABC's (AR)	9:45 Aquacise (JAC) 21 10:45 Smart Bells II (AR) 11:30 Bold Moves (AR) 1:00 Small Group Strength Session (AR) 2:15 Chair Yoga (AR)	8:00 Walking Group (FC) 22 10:45 Smart Bells (AR) 11:30 Cornhole (AR)	23
	24 8:30 Tai Chi (973) 25 9:45 Aqua Balance and Strength (JAC) 10:45 Smart Bells (AR) 2:00 ABC's (AR)	8:00 Walking Group (FC) 26 9:45 Aquacise (JAC) 10:45 Smart Bells II (AR) 11:30 Cornhole (AR) 1:00 Small Group Strength Session (AR) 2:15 Hatha Yoga: Mixed Level (AR)	9:45 Aqua Balance and Strength (JAC) 27 10:45 Smart Bells (AR) 2:00 ABC's (AR)	9:45 Aquacise (JAC) 28 10:45 Smart Bells II (AR) 11:30 Bold Moves (AR) 1:00 Small Group Strength Session (AR) 2:15 Chair Yoga (AR)	8:00 Walking Group (FC) 29 10:45 Smart Bells (AR) 11:30 Cornhole (AR)	30

August 2025

Fitness Classes

NIFS Fitness Director - 804-521-9266

