

# 2021 JULY

SUNDAY

CALENDAR YEAR / MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	01	02	03
04	05	06 9:00 AM Silver Sneakers with Coach Murphy 5:30 PM Total Body Circuit	07	08 9:00 AM Silver Sneakers with Coach Murphy 5:30 PM Total Body Circuit	09	10
11	12 5:30 PM CORE N' CARDIO	13 9:00 AM Silver Sneakers with Coach Murphy 5:30 PM Total Body Circuit	14	15 9:00 AM Silver Sneakers with Coach Murphy 5:30 PM Total Body Circuit	16	17
18	19 5:30 PM CORE N' CARDIO	20 9:00 AM Silver Sneakers with Coach Murphy 5:30 PM Total Body Circuit	21	22 9:00 AM Silver Sneakers with Coach Murphy 5:30 PM Total Body Circuit	23	24
25	26 5:30 PM CORE N' CARDIO	27 9:00 AM Silver Sneakers with Coach Murphy 5:30 PM Total Body Circuit	28	29 9:00 AM Silver Sneakers with Coach Murphy 5:30 PM Total Body Circuit	30	31