

August 2021 Try a FREE Wellbeats™ on-demand fitness class today!



Sun	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
1	2 6:15am-Barre Class-20 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min 10am-Yoga Class	3	4 6:15am-Spin Class-35 min 7am-Yoga Class-35 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min	5 6:15am-Pilates Class-20/30 min 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min	6	7
8	9 6:15am-Barre Class-20 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min 10am-Yoga Class	10	11 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min	12 **NO CLASS**	13	14
15	16 6:15am-Barre Class-20 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min 10am-Yoga Class	17	18 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min	19 **NO CLASS**	20	21
22	23 6:15am-Barre Class-20 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min 10am-Yoga Class	24	25 7:30am-Class Choice-20/35 min 8:15am-Silver & Fit-35 min	26 6:15am-Pilates Class-20/30 min 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min	27	28
29	30 6:15am-Barre Class-20 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min 10am-Yoga Class	31				

- Participants must sign in prior to the class start time
- Face coverings are not required, but encouraged

QUESTIONS? Contact wellnesscenter@WeliaHealth.org