

July 2022 Try a FREE Wellbeats™ on-demand fitness class today!



Sun	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11 8:15-Yoga Class-20/35 min 9am-HIIT Class-20/35 min 9:45am-Spin Class-35 min	12	13 8:15am-Kettlebell Class-20/35 min 9am-Silver & Fit-35 min 9:45am-Heart Healthy-50 min 5:15pm-HIIT Class-20/35 min 6pm-Spin Class-35 min 7pm-Yoga Class-35	14 9:15am-Purposeful Play (KIDS)-15 min 10am-Yoga Class-35	15	16
17	18 8:15-Yoga Class-20/35 min 9am-HIIT Class-20/35 min 9:45am-Spin Class-35 min	19	20 8:15am-Kettlebell Class-20/35 min 9am-Silver & Fit-35 min 9:45am-Heart Healthy-50 min 5:15pm-HIIT Class-20/35 min 6pm-Spin Class-35 min 7pm-Yoga Class-35	21 9:15am-Purposeful Play (KIDS)-15 min 10am-Yoga Class-35	22	23
24/31	25 8:15-Yoga Class-20/35 min 9am-HIIT Class-20/35 min 9:45am-Spin Class-35 min	26	27 8:15am-Kettlebell Class-20/35 min 9am-Silver & Fit-35 min 9:45am-Heart Healthy-50 min 5:15pm-HIIT Class-20/35 min 6pm-Spin Class-35 min 7pm-Yoga Class-35	28 9:15am-Purposeful Play (KIDS)-15 min 10am-Yoga Class-35	29	30

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

QUESTIONS? Contact wellnesscenter@WeliaHealth.org