




# August

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY   |
|--|--|---|---|---|--|--|
| <p><b>Check out our Summer Day &amp; Sports Camps!</b><br/><i>Weekly and daily options.</i><br/>See front desk for more information!<br/><i>Register Now</i></p> |  | <p>1<br/><b>Barre Class</b><br/>6pm</p>   | <p>2<br/><b>S.A.I.L.</b><br/><b>9am</b><br/>M/W/F</p>   | <p>3<br/><b>Functional Fitness</b><br/>5:30-6:30am<br/>Tue/Thurs<br/>9:30-10:30<br/>Tue/Thurs/Fri</p> | <p>4<br/><b>Zumba Kids</b><br/>6-7pm<br/>Mon &amp; Fri</p>   | <p>5<br/><b>PiYo</b><br/>10am</p>  |
| <p>6<br/><b>Check out our Birthday party packages!</b></p>   | <p>7<br/>H2O Aerobics<br/><b>9-10am</b><br/>Mon-Thurs</p>  | <p>8<br/>Downward Facing Puppy:<br/><b>Yoga with kids</b><br/>5:30-6:15 Tue/Thurs</p> | <p>9<br/><b>Functional Fitness</b><br/>6-7pm<br/>M &amp; W</p>  | <p>10<br/><i>Silver Sneakers</i><br/><b>8:30am</b><br/>Tues/Thurs</p>                                 | <p>11<br/><b>Summer Bash &amp; Movie</b><br/><i>6pm activities begin</i><br/>Norpoint Park<br/><i>Movie at dusk</i></p>  | <p>12<br/><b>Rock Wall</b><br/>belay training<br/>BY APPOINTMENT<br/>on Monday or<br/>Thursday evening<br/>from 7-8:30pm</p> |
| <p>13<br/>Lap Swim<br/>10am to Noon</p>  | <p>14<br/><b>Tiger Tao Karate</b><br/>6-7:30pm</p>         | <p>15<br/><b>Intermediate Yoga</b><br/>6:30pm</p>                                     | <p>16<br/><i>Group Cycle</i><br/>5:30am<br/><b>5:20-6:20pm Spin</b></p>   | <p>17<br/><b>POUND</b><br/>10:30-11:30<br/>Tue/Thurs</p>  | <p>18<br/><b>Group Cycle</b><br/>8:30-9:30am<br/>7:30am<br/>Senior Power</p>   | <p>19<br/><b>Zumba</b><br/>9am</p>   |
| <p>20<br/>Don't forget we open at 9am on Sunday's!</p>   | <p>21<br/><b>Tai Chi</b><br/>11-Noon<br/>Mon &amp; Wed</p> | <p>22<br/><b>Zumba</b><br/>9am<br/>Tue/Thurs</p>                                      | <p>23<br/><br/>Titlow Park 7pm<br/>See our website for more information!</p> | <p>24<br/>Drop in<br/><b>Volleyball</b><br/>6-8:15<br/>Tue &amp; Thurs</p>                            | <p>25<br/>Community<br/><b>OPEN SWIM</b><br/>6:30-8pm</p>  | <p>26<br/>Check out our<br/><b>Cascade Hall</b><br/>for your next party!</p>   |
| <p>27<br/><b>Community Open swim</b><br/>1-2:30pm</p>  | <p>28<br/><b>HIIT/Yoga</b><br/>10-11am<br/>M/W/F</p>       | <p>29<br/><b>Power Yoga</b><br/>10:30am<br/>Tue/Thurs</p>                             | <p>30<br/>Group Cycle &amp; Strength<br/><b>10-11am</b></p>   | <p>31<br/><b>SENIOR YOGA</b><br/>Tue/Thurs<br/>9:15-10:15</p>   | <p><b>FOLLOW US ON</b><br/><br/><b>FOR UP TO DATE INFORMATION</b></p>   |  |