

**Fitness Calendar**

**Aug 2019 (Central Time - Chicago)**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
				6am - Aquasthenics 8:30am - Pilates	5:30am - FIT 6:15am - FIT 8:30am - Stretch & 9am - FLex & Stretch 12pm - FIT 12pm - Water Aerobics	8:15am - FIT
4	5	6	7	8	9	10
5:30am - FIT 6am - Aquasthenics 6:15am - FIT 8:30am - Stretch & 9am - FLex & Stretch 12pm - FIT 12pm - Water Aerobics	6am - Aquasthenics 8:30am - Pilates 12pm - FIT	5:30am - FIT 6:15am - FIT 8:30am - Stretch & 9am - FLex & Stretch 12pm - FIT 12pm - Water Aerobics	6am - Aquasthenics 8:30am - Pilates	6am - Aquasthenics 8:30am - Pilates	5:30am - FIT 6:15am - FIT 8:30am - Stretch & 9am - FLex & Stretch 12pm - FIT 12pm - Water Aerobics	12pm - Aqua Bootcamp
11	12	13	14	15	16	17
5:30am - FIT 6am - Aquasthenics 6:15am - FIT 8:30am - Stretch & 9am - FLex & Stretch 12pm - FIT 12pm - Water Aerobics	6am - Aquasthenics 8:30am - Pilates 12pm - FIT	5:30am - FIT 6:15am - FIT 8:30am - Stretch & 9am - FLex & Stretch 12pm - FIT 12pm - Water Aerobics	6am - Aquasthenics 8:30am - Pilates	6am - Aquasthenics 8:30am - Pilates	5:30am - FIT 6:15am - FIT 8:30am - Stretch & 9am - FLex & Stretch 12pm - FIT 12pm - Water Aerobics	8:15am - FIT
18	19	20	21	22	23	24
5:30am - FIT 6am - Aquasthenics 6:15am - FIT 8:30am - Stretch & 9am - FLex & Stretch 12pm - FIT	6am - Aquasthenics 8:30am - Pilates 12pm - FIT	5:30am - FIT 6:15am - FIT 8:30am - Stretch & 9am - FLex & Stretch 12pm - FIT	6am - Aquasthenics 8:30am - Pilates	6am - Aquasthenics 8:30am - Pilates	5:30am - FIT 6:15am - FIT 8:30am - Stretch & 9am - FLex & Stretch 12pm - FIT	
25	26	27	28	29	30	31
5:30am - FIT 6am - Aquasthenics 6:15am - FIT 8:30am - Stretch & 9am - FLex & Stretch 12pm - FIT	6am - Aquasthenics 8:30am - Pilates 12pm - FIT	5:30am - FIT 6:15am - FIT 8:30am - Stretch & 9am - FLex & Stretch 12pm - FIT	6am - Aquasthenics 8:30am - Pilates	6am - Aquasthenics 8:30am - Pilates	5:30am - FIT 6:15am - FIT 8:30am - Stretch & 9am - FLex & Stretch 12pm - FIT	8:15am - FIT