


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BILLIE JANE STRAUSS WELLNESS CENTER GROUP EXERCISE & EVENT CALENDAR August 2019</p> 	<p>You must be a member of the Billie Jane Strauss Wellness Center to participate in our group exercise classes (it's FREE) To become a member of the Billie Jane Strauss Wellness Center, please contact Cindy Hackworth, Fitness Manager 260-982-8616 (EXT 1606)</p>		<p>1 Aqua Fit Water Aerobics, BJSW Pool Section 1: 8:00 – 8:30 Section 2: 9:00 – 9:30 Tai Chi 10:00-10:30, BJSW Aerobics RSB 1:00-2:30, 6:00-7:30 , BJSW Aerobics</p>	<p>2 Gentle Balance and Strengthening, BJSW Aerobics 9:15 – 9:45</p>
<p>5 Gentle Balance and Strengthening, BJSW Aerobics 9:15 – 9:45 Stepping Class 11:30-12:00 Memory Stretch 1:15-1:30</p>	<p>6 Aqua Fit Water Aerobics, BJSW Pool Section 1: 8:00 – 8:30 Section 2: 9:00 – 9:30 Tai Chi 10:00-10:30, BJSW Aerobics RSB 1:00-2:30, 6:00-7:30 , BJSW Aerobics</p>	<p>7 Gentle Balance and Strengthening, BJSW Aerobics 9:15 – 9:45 Moving Minds Memory 10:45-11:15</p>	<p>8 Aqua Fit Water Aerobics, BJSW Pool Section 1: 8:00 – 8:30 Section 2: 9:00 – 9:30 Tai Chi 10:00-10:30, BJSW Aerobics RSB 1:00-2:30, 6:00-7:30 , BJSW Aerobics</p>	<p>9 Gentle Balance and Strengthening, BJSW Aerobics 9:15 – 9:45</p>
<p>12 Gentle Balance and Strengthening, BJSW Aerobics 9:15 – 9:45 Memory Stretch 1:15-1:30</p>	<p>13 Aqua Fit Water Aerobics, BJSW Pool Section 1: 8:00 – 8:30 Section 2: 9:00 – 9:30 Tai Chi 10:00-10:30, BJSW Aerobics RSB 1:00-2:30, 6:00-7:30 , BJSW Aerobics</p>	<p>14 Gentle Balance and Strengthening, BJSW Aerobics 9:15 – 9:45 Moving Minds Memory 10:45-11:15</p>	<p>15 Aqua Fit Water Aerobics, BJSW Pool Section 1: 8:00 – 8:30 Section 2: 9:00 – 9:30 Tai Chi 10:00-10:30, BJSW Aerobics RSB1:00-2:30, 6:00-7:30 , BJSW Aerobics</p>	<p>16 No Classes</p>
<p>19 Gentle Balance and Strengthening, BJSW Aerobics 9:15 – 9:45 Stepping Class 11:30-12:00 Memory Stretch 1:15-1:30</p>	<p>20 Aqua Fit Water Aerobics, BJSW Pool Section 1: 8:00 – 8:30 Section 2: 9:00 – 9:30 Tai Chi 10:00-10:30, BJSW Aerobics RSB 1:00-2:30, 6:00-7:30 , BJSW Aerobics</p>	<p>21 Gentle Balance and Strengthening, BJSW Aerobics 9:15 – 9:45 Moving Minds Memory 10:45-11:15</p>	<p>22 Aqua Fit Water Aerobics, BJSW Pool Section 1: 8:00 – 8:30 Section 2: 9:00 – 9:30 Tai Chi 10:00-10:30, BJSW Aerobics RSB 1:00-2:30, 6:00-7:30 BJSW Aerobics</p>	<p>23 Gentle Balance and Strengthening, BJSW Aerobics 9:15 – 9:45</p>
<p>26 Gentle Balance and Strengthening, BJSW Aerobics 9:15 – 9:45 Memory Stretch 1:15-1:30</p>	<p>27 Aqua Fit Water Aerobics, BJSW Pool Section 1: 8:00 – 8:30 Section 2: 9:00 – 9:30 Tai Chi 10:00-10:30, BJSW Aerobics RSB 1:00-2:30, 6:00-7:30 , BJSW Aerobics</p>	<p>28 Gentle Balance and Strengthening, BJSW Aerobics 9:15 – 9:45 Moving Minds Memory 10:45-11:15</p>	<p>29 Aqua Fit Water Aerobics, BJSW Pool Section 1: 8:00 – 8:30 Section 2: 9:00 – 9:30 Tai Chi 10:00-10:30, BJSW Aerobics RSB 1:00-2:30, 6:00-7:30 BJSW Aerobics</p>	<p>30 No Classes</p>