

# JUL 2025

SUN

MON

TUE

WED

THU

FRI

SAT

01

02

03

04

05

Adapted  
Pickleball 4 pm

Adapted Yoga  
6:30 pm

Happy 4<sup>th</sup>!

Adapted  
Dance  
12 noon

06

07

08

09

10

11

12

Adapted  
Strength/Condi-  
tioning 5:30  
pm

Adapted  
Pickleball 4 pm

Adapted Yoga  
6:30 pm

Adapted Aqua  
Fitness 5:30  
pm

Adapted  
Dance  
12 noon

13

14

15

16

17

18

19

Adapted  
Strength/Condi-  
tioning 5:30  
pm

Adapted  
Pickleball 4 pm

Adapted Yoga  
6:30 pm

Adapted Aqua  
Fitness 5:30  
pm

Adapted  
Dance  
12 noon

20

21

22

23

24

25

26

Adapted  
Strength/Condi-  
tioning 5:30  
pm

Adapted  
Pickleball 4 pm

Adapted Yoga  
6:30 pm

Adapted Aqua  
Fitness 5:30  
pm

Adapted  
Dance  
12 noon

27

28

29

30

31

Adapted  
Strength/Condi-  
tioning 5:30  
pm

Adapted  
Pickleball 4 pm

Adapted Yoga  
6:30 pm