



# JULY

# ADULT WELLNESS PROGRAM

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1

8:45 - 9:45 AM at  
the Brown Gym

2

8:45 - 9:45 AM at  
the Brown Gym

**NO  
STRENGTH  
TRAINING**

3

8:45 - 9:45 AM at  
the Brown Gym

4

**Happy 4th!**

8:45 - 9:45 AM at  
the Brown Gym  
**NO  
PILATES**

5

## Legend:

- **Level 1**  
Low Impact Exercise
- **Level 1**  
Aerobics
- **Level 2**  
Pilates
- **Level 2**  
Functional Strength Training
- **Level 3**  
Functional Strength Training
- **Tai Chi**

6

7

8:45 - 9:45 AM at  
the Brown Gym  
11 - 11:45 AM at  
Hunter Hall

8

8:45 - 9:45 AM at  
the Brown Gym

9

8:45 - 9:45 AM at  
the Brown Gym  
11 - 11:45 AM at  
Hunter Hall  
12 - 12:45 AM at  
Hunter Hall

10

8:45 - 9:45 AM at  
the Brown Gym

11

8:45 - 9:45 AM at  
the Brown Gym  
**NO  
PILATES**

12

13

14

8:45 - 9:45 AM at  
the Brown Gym  
11 - 11:45 AM at  
Hunter Hall

15

8:45 - 9:45 AM at  
the Brown Gym

16

8:45 - 9:45 AM at  
the Brown Gym  
11 - 11:45 AM at  
Hunter Hall  
12 - 12:45 AM at  
Hunter Hall

17

8:45 - 9:45 AM at  
the Brown Gym

18

8:45 - 9:45 AM at  
the Brown Gym  
11 - 11:45 AM at  
Hunter Hall

19

20

21

8:45 - 9:45 AM at  
the Brown Gym  
11 - 11:45 AM at  
Hunter Hall

22

8:45 - 9:45 AM at  
the Brown Gym

23

8:45 - 9:45 AM at  
the Brown Gym  
11 - 11:45 AM at  
Hunter Hall  
12 - 12:45 AM at  
Hunter Hall

24

8:45 - 9:45 AM at  
the Brown Gym

25

8:45 - 9:45 AM at  
the Brown Gym  
11 - 11:45 AM at  
Hunter Hall

26

27

28

8:45 - 9:45 AM at  
the Brown Gym  
11 - 11:45 AM at  
Hunter Hall

29

8:45 - 9:45 AM at  
the Brown Gym

30

8:45 - 9:45 AM at  
the Brown Gym  
11 - 11:45 AM at  
Hunter Hall  
12 - 12:45 AM at  
Hunter Hall

31

8:45 - 9:45 AM at  
the Brown Gym