



AUGUST

ADULT WELLNESS PROGRAM

S M T W T F S

					1 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall	2
3	4 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall	5 8:45 - 9:45 AM at the Brown Gym	6 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall	7 8:45 - 9:45 AM at the Brown Gym	8 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall	9
10	11 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall	12 8:45 - 9:45 AM at the Brown Gym	13 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall	14 8:45 - 9:45 AM at the Brown Gym	15 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall	16
17	18 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall	19 8:45 - 9:45 AM at the Brown Gym	20 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall	21 8:45 - 9:45 AM at the Brown Gym	22 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall	23
24	25 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall	26 8:45 - 9:45 AM at the Brown Gym	27 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall	28 8:45 - 9:45 AM at the Brown Gym	29 8:45 - 9:45 AM at the Brown Gym NO PILATES	30
31						

Legend:

- **Level 1**
Low Impact Exercise
- **Level 1**
Aerobics
- **Level 2**
Pilates
- **Tai Chi**