LEGENDS ON LAKE LORRAINE

FITNESS CENTER

JULY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Due to calendar space, all programs may not be reflected. To stay up to date with all events, please visit the GiGi Assistant®app.	**1** 8:30 Water Aerobics, P 9:30 Parkinson's Class, FC 10:00 FIT to be Strong®, FT 11:00 Tabata Class, FT	**2** 9:30 Personal Fitness Check-in at the Gym, FC 11:00 FIT to Balance®, FT 1:15 FIT to Pedal®: The World from Above, FT 2:30 Intro to Weight Lifting, FC 4:00 FIT Chair Yoga™, FT	**3** 8:30 Water Aerobics, P 10:00 FIT to be Strong®, FT 11:00 Tabata Class, FT 2:00 Wii Bowling, FT 2:30 Stretch Lab, FT	INDEPENDENCE DAY **4** 9:00 Supervised Pool, P 9:30 Personal Fitness Check-in at the Gym, FC 10:00 Pool Meditation, P 11:00 FIT to Balance®, FT 1:15 FIT to Pedal®: The World from Above, FT	**5** 8:30 Water Aerobics, P 9:30 Fishing Group 11:00 Balloon Volleyball, FT	**6** 1:15 FIT to Pedal®: The World from Above, FT
7	**8** 8:30 Water Aerobics, P 9:30 Parkinson's Class, FC 10:00 FIT to be Strong®, FT 11:00 Tabata Class, FT	**9** 9:30 Personal Fitness Check-in at the Gym, FC 11:00 FIT to Balance®, FT 1:15 FIT to Pedal®: The World from Above, FT 2:30 Intro to Weight Lifting, FC 4:00 FIT Chair Yoga™, FT	**10** 8:30 Water Aerobics, P 10:00 FIT to be Strong®, FT 11:00 Tabata Class, FT 2:00 Wii Bowling, FT 2:30 Stretch Lab, FT	**11** 9:00 Supervised Pool, P 9:30 Personal Fitness Check-in at the Gym, FC 10:00 Pool Meditation, P 11:00 FIT to Balance®, FT 1:15 FIT to Pedal®: The World from Above, FT	**12** 8:30 Water Aerobics, P 9:30 Fishing Group 11:00 Balloon Volleyball, FT	**13** 1:15 FIT to Pedal®: The World from Above, FT
14	**15** 8:30 Water Aerobics, P 9:30 Parkinson's Class, FC 10:00 FIT to be Strong®, FT 11:00 Tabata Class, FT	**16** 9:30 Personal Fitness Check-in at the Gym, FC 11:00 FIT to Balance®, FT 1:15 FIT to Pedal®: The World from Above, FT 2:30 Intro to Weight Lifting, FC 4:00 FIT Chair Yoga™, FT	**17** 8:30 Water Aerobics, P 10:00 FIT to be Strong®, FT 11:00 Tabata Class, FT 2:00 Wii Bowling, FT 2:30 Stretch Lab, FT	**18** 9:00 Supervised Pool, P 9:30 Personal Fitness Check-in at the Gym, FC 10:00 Pool Meditation, P 11:00 FIT to Balance®, FT 1:15 FIT to Pedal®: The World from Above, FT	**19** 8:30 Water Aerobics, P 9:30 Fishing Group 11:00 Balloon Volleyball, FT	**20** 1:15 FIT to Pedal®: The World from Above, FT
21	**22** 8:30 Water Aerobics, P 9:30 Parkinson's Class, FC 10:00 FIT to be Strong®, FT 11:00 Tabata Class, FT	**23** 9:30 Personal Fitness Check-in at the Gym, FC 11:00 FIT to Balance®, FT 1:15 FIT to Pedal®: The World from Above, FT 2:30 Intro to Weight Lifting, FC 4:00 FIT Chair Yoga™, FT	**24** 8:30 Water Aerobics, P 10:00 FIT to be Strong®, FT 11:00 Tabata Class, FT 2:00 Wii Bowling, FT 2:30 Stretch Lab, FT	**25** 9:00 Supervised Pool, P 9:30 Personal Fitness Check-in at the Gym, FC 10:00 Pool Meditation, P 11:00 FIT to Balance®, FT 1:15 FIT to Pedal®: The World from Above, FT	**26** 8:30 Water Aerobics, P 9:30 Fishing Group 11:00 Balloon Volleyball, FT	**27** 1:15 FIT to Pedal®: The World from Above, FT
28	**29** 8:30 Water Aerobics, P 9:30 Parkinson's Class, FC 10:00 FIT to be Strong®, FT 11:00 Tabata Class, FT	**30** 9:30 Personal Fitness Check-in at the Gym, FC 11:00 FIT to Balance®, FT 1:15 FIT to Pedal®: The World from Above, FT 2:30 Intro to Weight Lifting, FC 4:00 FIT Chair Yoga™, FT	**31** 8:30 Water Aerobics, P 10:00 FIT to be Strong®, FT 11:00 Tabata Class, FT 2:00 Wii Bowling, FT 2:30 Stretch Lab, FT	**LOCATIONS** Fitness Center, FC Forum Theatre, FT Pool, P		