

# JULY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NHCHC CLOSED	4 <b>SIT &amp; FIT</b> 11-12	5 <b>AQUA FIT</b> 11-12	6 <b>SIT &amp; FIT</b> 11-12	<b>THINK</b> POSITIVELY <b>EXERCISE</b> DAILY <b>EAT</b> HEALTHY <b>WORK</b> HARD <b>STAY</b> STRONG <b>WORRY</b> LESS <b>DANCE</b> MORE <b>LOVE</b> OFTEN <b>BE</b> HAPPY
10 TAI CHI 10-11 YOGA 10-11 AQUA FIT 11-12	11 <b>SIT &amp; FIT</b> 11-12	12 <b>AQUA FIT</b> 11-12	13 <b>SIT &amp; FIT</b> 11-12	
17 TAI CHI 10-11 YOGA 10-11 AQUA FIT 11-12	18 <b>SIT &amp; FIT</b> 11-12	19 <b>AQUA FIT</b> 11-12	20 <b>SIT &amp; FIT</b> 11-12	
24 TAI CHI 10-11 YOGA 10-11 AQUA FIT 11-12	25 <b>SIT &amp; FIT</b> 11-12	26 <b>AQUA FIT</b> 11-12  <b>PARK n'PARTY</b> 4-7	27 <b>SIT &amp; FIT</b> 11-12	
31 TAI CHI 10-11 YOGA 10-11 AQUA FIT 11-12				

**DIABETES EXERCISE CALENDAR**