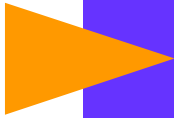
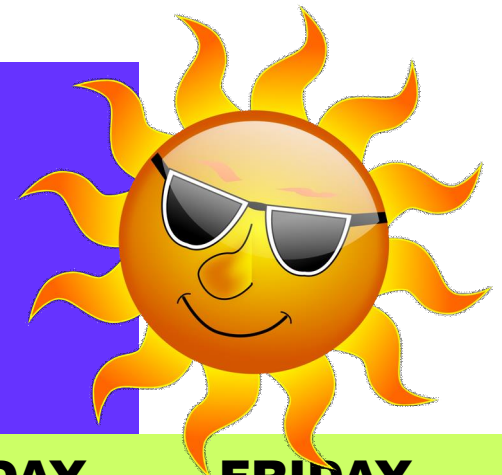


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AUGUST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 SIT & FIT 11-12	2 AQUA FIT 11-12	3 SIT & FIT 11-12	THINK POSITIVELY EXERCISE DAILY EAT HEALTHY WORK HARD STAY STRONG WORRY LESS DANCE MORE LOVE OFTEN BE HAPPY	
7 NHCHC CLOSED	8 SIT & FIT 11-12	9 AQUA FIT 11-12	10 SIT & FIT 11-12		
14 TAI CHI 10-11 YOGA 10-11 AQUA FIT 11-12	15 SIT & FIT 11-12	16 AQUA FIT 11-12	17 SIT & FIT 11-12		
21 YOGA 10-11 AQUA FIT 11-12	22 SIT & FIT 11-12	23 AQUA FIT 11-12	24 SIT & FIT 11-12		
28 YOGA 10-11	29 SIT & FIT 11-12	30	31		
					Bennetto Closed Aug 28 - Sept 10

DIABETES EXERCISE CALENDAR



Aleks Skakavac R.Kin - (905) 523-1184 ext. 3049