

# August 2022 Fitness Calendar

## Fitness Class Zoom

Meeting ID: 821 3313 4175

Passcode: 903709

Wednesday	Thursday	Friday	Saturday
<p>3</p> <p>8AM Cardio Muscle with Stacey (In Clinic &amp; Zoom)</p> <p>12PM Mid Afternoon Stretch Class (Zoom)</p> <p>4:30 PM Pilates w/ Stacey</p>	<p>4</p> <p>9AM Barre w/ Stacey (In clinic &amp; Zoom)</p> <p>12P Mid Afternoon Stretch Class (Zoom)</p> <p>5 PM Yoga w/ Stacey (In clinic &amp; Zoom)</p>	<p>5</p> <p>8AM Core &amp; Balance w/ Stacey</p> <p>12PM Gentle Yoga w/ Stacey (Zoom/In Clinic)</p>	<p>6</p> <p>11 AM Barre w/ Stacey</p>
<p>10</p> <p>8AM Tabata with Stacey (In Clinic &amp; Zoom)</p> <p>12PM Mid Afternoon Stretch Class (Zoom)</p> <p>4:30 PM Pilates w/ Stacey</p>	<p>11</p> <p>9AM Yoga w/ Stacey (In person &amp; Zoom)</p> <p>12P Mid Afternoon Stretch Class (Zoom)</p> <p>5 PM Barre w/ Stacey (In person a&amp; Zoom)</p>	<p>12</p> <p>8AM Stretch &amp; Tone w/ Bands w/ Stacey (In clinic &amp; Zoom)</p> <p>12PM Gentle Yoga Stacey (Zoom/In Clinic)</p>	<p>13</p> <p>11 AM Yoga w/ Stacey</p>
<p>17</p> <p>8AM Full Body Strength Stacey (In Clinic &amp; Zoom)</p> <p>12PM Mid Afternoon Stretch Class (Zoom)</p> <p>4:30 PM Pilates w/ Stacey</p>	<p>18</p> <p>9AM Yoga w/ Stacey (In person &amp; Zoom)</p> <p>12P Mid Afternoon Stretch Class (Zoom)</p> <p>5 PM Barre w/ Stacey (In person a&amp; Zoom)</p>	<p>19</p> <p>8AM Core &amp; Balance w/ Stacey</p> <p>12PM Gentle Yoga Stacey (Zoom/In Clinic)</p>	<p>20</p> <p>11 AM Full body bands w/ Stacey</p>
<p>24</p> <p>8AM Tabata with Stacey (In Clinic &amp; Zoom)</p> <p>12PM Mid Afternoon Stretch Class (Zoom)</p> <p>4:30 PM Pilates w/ Stacey</p>	<p>25</p> <p>9AM Yoga w/ Stacey (In person &amp; Zoom)</p> <p>12P Mid Afternoon Stretch Class (Zoom)</p> <p>5 PM Barre w/ Stacey (In person a&amp; Zoom)</p>	<p>26</p> <p>8AM Stretch &amp; Tone w/ Bands w/ Stacey (In clinic &amp; Zoom)</p> <p>12PM Gentle Yoga Stacey (Zoom/In Clinic)</p>	<p>27</p> <p>11 AM Yoga w/ Stacey</p>

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