

Gregg/Klice Community Center Schedule August Calendar

AM Body Challenge & Body Fit
 With Lesa Lewis
 Mon-Fri

Arthritis Class (Water Aerobics)
 With Lesa Lewis
 Mon, Tues, Thurs, Fri

Water Aerobics
 With Lesa Lewis
 Mon, Wed, Sat

Youth Boxing & Cardio Boxing
 Mon, Tues & Thurs
 With Chris Thompson

Youth Swim Lessons (6-17) & Adult Swim Lessons
 Tues & Thurs
 With Victoria Rounds

Parent & Child Swim Lessons (Infant & Toddler)
 With Sicily Matthews

Club KC Saturday Nights 6pm-11pm
 11-15 year old
 This a **FREE** Event

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				AM Body C 5:30-6:15a Arthritis Class 9-9:45a Youth Boxing 6-7p Body Fit 6-7p Y Swim Lessons 6-6:45p A Swim Lessons 7-7:45p	AM Body C 5:30-6:15a Arthritis Class 10-10:45a	Water A 11:15a-12 P & Child Swim 12-1:00p Club KC 6-11pm
4	5	6	7	8	9	10
	AM Body C 5:30-6:15a Arthritis Class 10-10:45a Bridge 11am-3:30p Water Aerobics 7-7:45p Adult Cardio Boxing 6-6:45p	AM Body C 5:30-6:15a Arthritis Class 9-9:45a Silver Sneakers 10-11a Youth Boxing 6-7p Body Fit 6-7p Y Swim Lessons 6-6:45p A Swim Lessons 7-7:45p	AM Body C 5:30-6:15a Silver Sneakers 10-11a Noon Ball 12-2p Water Aerobics 7-7:45p Adult Soccer 7-9p	AM Body C 5:30-6:15a Arthritis Class 9-9:45a Youth Boxing 6-7p Body Fit 6-7p Y Swim Lessons 6-6:45p A Swim Lessons 7-7:45p	AM Body C 5:30-6:15a Arthritis Class 10-10:45a	Water A 11:15a-12 P & Child Swim 12-1:00p Club KC 6-11pm
11	12	13	14	15	16	17
	AM Body C 5:30-6:15a Arthritis Class 10-10:45a Bridge 11am-3:30p Water Aerobics 7-7:45p Adult Cardio Boxing 6-6:45p	AM Body C 5:30-6:15a Arthritis Class 9-9:45a Silver Sneakers 10-11a Youth Boxing 6-7p Body Fit 6-7p Y Swim Lessons 6-6:45p A Swim Lessons 7-7:45p	AM Body C 5:30-6:15a Silver Sneakers 10-11a Noon Ball 12-2p Water Aerobics 7-7:45p Adult Soccer 7-9p	AM Body C 5:30-6:15a Arthritis Class 9-9:45a Youth Boxing 6-7p Body Fit 6-7p Y Swim Lessons 6-6:45p A Swim Lessons 7-7:45p	AM Body C 5:30-6:15a Arthritis Class 10-10:45a	Water Aerobics 11:15a-12 P & Child Swim Lessons 12-1:00p
18	19	20	21	22	23	24
	AM Body C 5:30-6:15a Arthritis Class 10-10:45a Bridge 11am-3:30p Water Aerobics 7-7:45p Adult Cardio Boxing 6-6:45p	AM Body C 5:30-6:15a Arthritis Class 9-9:45a Silver Sneakers 10-11a Youth Boxing 6-7p Body Fit 6-7p Y Swim Lessons 6-6:45p A Swim Lessons 7-7:45p	AM Body C 5:30-6:15a Silver Sneakers 10-11a Noon Ball 12-2p Water Aerobics 7-7:45p Adult Soccer 7-9p	AM Body C 5:30-6:15a Arthritis Class 9-9:45a Youth Boxing 6-7p Body Fit 6-7p Y Swim Lessons 6-6:45p A Swim Lessons 7-7:45p	AM Body C 5:30-6:15a Arthritis Class 10-10:45a	Water Aerobics 11:15a-12 P & Child Swim Lessons 12-1:00p
25	26	27	28	29	30	31
	AM Body C 5:30-6:15a Arthritis Class 10-10:45a Bridge 11am-3:30p Water Aerobics 7-7:45p Adult Cardio Boxing 6-6:45p	AM Body C 5:30-6:15a Arthritis Class 9-9:45a Silver Sneakers 10-11a Youth Boxing 6-7p Body Fit 6-7p Y Swim Lessons 6-6:45p A Swim Lessons 7-7:45p	AM Body C 5:30-6:15a Silver Sneakers 10-11a Noon Ball 12-2p Water Aerobics 7-7:45p Adult Soccer 7-9p	AM Body C 5:30-6:15a Arthritis Class 9-9:45a Youth Boxing 6-7p Body Fit 6-7p Y Swim Lessons 6-6:45p A Swim Lessons 7-7:45p	AM Body C 5:30-6:15a Arthritis Class 10-10:45a Senior Meeting 10a-1p	Water Aerobics 11:15a-12 P & C Swim Lessons 12-1:00p

