

August 2021 Fitness Classes Calendar

Great Room Hours: 8.00am - 8.00pm

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
01	02 Total Body Conditioning: 07:30am - 08:30am Water Aerobics: 9:00am-10:00am Cardio Kickboxing: 06:00pm - 07:00pm	03 Sit Down & Shape Up: 08:15am - 09:15am	04 Total Body Conditioning: 07:30am - 08:30am Water Aerobics: 9:00am-10:00am Cardio Kickboxing: 06:00pm - 07:00pm	05 Sit Down & Shape Up: 08:15am - 09:15am	06	07 Yoga: 10:30am - 11:30am
08 	09 Total Body Conditioning: 07:30am - 08:30am Water Aerobics: 9:00am-10:00am Cardio Kickboxing: 06:00pm - 07:00pm	10 Sit Down & Shape Up: 08:15am - 09:15am	11 Total Body Conditioning: 07:30am - 08:30am Water Aerobics: 9:00am-10:00am Cardio Kickboxing: 06:00pm - 07:00pm	12 Sit Down & Shape Up: 08:15am - 09:15am	13 	14 Yoga: 10:30am - 11:30am
15	16 Total Body Conditioning: 07:30am - 08:30am Water Aerobics: 9:00am-10:00am Cardio Kickboxing: 06:00pm - 7:00pm	17 Sit Down & Shape Up: 08:15am - 09:15am	18 Total Body Conditioning: 07:30am - 08:30am Water Aerobics: 9:00am-10:00am Cardio Kickboxing: 06:00pm - 7:00pm	19 Sit Down & Shape Up: 08:15am - 09:15am	20	21 Yoga: 10:30am - 11:30am
22	23 Total Body Conditioning: 07:30am - 08:30am Water Aerobics: 9:00am-10:00am Cardio Kickboxing: 06:00pm - 07:00pm	24 Sit Down & Shape Up: 08:15am - 09:15am	25 Total Body Conditioning: 07:30am - 08:30am Water Aerobics: 9:00am-10:00am Cardio Kickboxing: 06:00pm - 07:00pm	26 Sit Down & Shape Up: 08:15am - 09:15am	27 	28 Yoga: 10:30am - 11:30am
29 	30 Total Body Conditioning: 07:30am - 08:30am Water Aerobics: 9:00am-10:00am Cardio Kickboxing: 06:00pm - 07:00pm	31 Sit Down & Shape Up: 08:15am - 09:15am				

Reservations/Cancellations should be made 24-hours in advance on our **Concierge Plus** website.

They may also be made over the phone by calling **(480)668-3640** or through our email

venuconcierge@wearevision.com

