



# July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>AQUAFLOAT</b> <b>Beginning**</b> 8:30AM – Christine <i>Sign up Required</i>	3	4	5	6	7  <b>THE CENTER</b> for Health Improvement HAYSMED
8	9	10	11 <b>AQUAFLOAT</b> 8:15AM - Alaina <i>Sign up Required</i>	12	13	14
15	16 <b>AQUAFLOAT</b> <b>Beginning**</b> 8:30AM – Christine <i>Sign up Required</i>	17	18 <b>AQUAFLOAT</b> 8:15AM - Lisa <i>Sign up Required</i>	19	20	21
22	23	24	25 <b>AQUAFLOAT</b> 8:15AM - Lisa <i>Sign up Required</i>	26	27	28
29	30 <b>AQUAFLOAT</b> <b>Beginning**</b> 8:30AM – Christine <i>Sign up Required</i>	31	<p><b>register at <a href="https://www.haysmed.com/the-center/mychi/">https://www.haysmed.com/the-center/mychi/</a></b></p> <p><b>MUST REGISTER for highlighted classes!</b></p> <p><b><i>These classes are limited to 5 participants per class.</i></b></p>			

*\*\*Aqua Float Beginning are scheduled in 15 minute increments*

