

Mon	Tue	Wed	Thu	Fri
1 8:30 Cardio Jam- 10-Chair Yoga- 10-SilverSneaker Cardio- 11:15-Easy Yoga- 11:30-Parkinson's Exercise	2 8:15- Zumba- 8:45- Easy Yoga- 9:30-Silversneaker classic- 10:45-Silversneaker classic- 11-Beginning Balance-	3 8:30-Cardio Jam 9AM- 60UP BALANCE 10 Chair Yoga- 10:00 SilverSneakers Cardio- 11:30-Parkinson's class	4 CLOSED 	5 7:45 Walk With the Doc Dr.Sylvia Agai-bi"Sun, Heat, and Medication" TARGET HALL-WAY 8:45-Cardio Jam- 9- 60UP BALANCE CLASS- 10- Chair Yoga- classroom- 11:30- Parkinson's exercise-
8 8:30 Cardio Jam- 10-Chair Yoga- 10-SilverSneaker Cardio- 11:15-Easy Yoga- 11:30-Parkinson's Exercise	9 8:15- Zumba- 8:45- Easy Yoga- limit 16 9:30-SilverSneaker classic- BONE DENSITY 9-12 walk-ins 10:45- SilverSneaker Classic- 11:00 Beginner Balance	10 8:30-Cardio Jam- 9AM- 60UP BALANCE CLASS- 9-12 -Free Advance directives Living Will & Durable Power of Attorney walk-in 10-Chair Yoga- 10:00- SilverSneakers Cardio 11:30-Parkinson's class	11 8:15- Zumba- 9:30-SilverSneaker classic- limit 30 10- Easy Yoga- - 10:45- SilverSneaker Classic- 11:15-Advance Balance-	12 —8:30-Cardio Jam- 9- 60UP BALANCE CLASS 10- Chair Yoga- classroom 11:30- Parkinson's exercise
15 8:30-Cardio Jam- 8:30-11 BLOOD SUGAR 10 hr. fast walk-in 8:30-10 Behavioral Health Services- see Alana MacKenzie, LSW no appt. Walk-in 10:00 SS Cardio 10- Chair Yoga	16 8:15- Zumba- 8:45- Easy Yoga- 9:30-Silversneaker classic 10:45-Silversneaker classic- limit 30- 11-Beginning Balance-	17 8:30-Cardio Jam- Hallway 9AM- 60UP BALANCE CLASS- 10- Chair Yoga 10:00 SilverSneakers Cardio- 11:30-Parkinson's class- 12:30- TALK WITH THE DOC-DRJill Haltigan "Brain and Retraining Habits" register Lunch \$3	18 8-11- Mammogram Bus here- call 330-652-7542 for appt 8:15- Zumba- - 9:30-SilverSneaker classic- 10- Easy Yoga- 10:45- SilverSneaker Classic- - 11:15-Advance Balance- 1- Hypertension Management Class-Register 330-652-7542	19 8:30-Cardio Jam- 9- 60UP BALANCE CLASS- 10- Chair Yoga- classroom- 11:30- Parkinson's exercise
22 8:30 Cardio Jam-Hallway 10-Chair Yoga- 10-SilverSneaker Cardio. 11:15-Easy Yoga- 11:30-Parkinson's Exercise REGISTER FOR AUGUST CLASSES!!	23 8:15- Zumba- 8:45- Easy Yoga-Exercise 9:30-Silversneaker classic- 10:45-Silversneaker classic- 11-Beginning Balance- 2-3CAR SEAT CLASS- TCCHD register 330 -675-2489	24 8:30-Cardio Jam- 9AM- 60UP BALANCE - 9:15Chair Yoga-limit 30 10:00 SilverSneak Cardio 11:30-Parkinson 1-2:00 Healthy Eating for You register 330-652 -7542 Jessica Romeo, RD.	25 8:15- Zumba- 9:30-SilverSneaker classic- - 10- Easy Yoga- 10:45- SilverSneaker Classic- 11:15-Advance Balance- 1-4-Peripheral Vascular Disease screening by appt. 1-4 -Advance directives Living Will & Durable Power of Attorney Walk in	26 8:30-Cardio Jam- 9- 60UP BALANCE CLASS - 10- Chair Yoga- 11:30- Parkinson's exercise
29 8:30-Cardio Jam-Hallway 10- Chair Yoga- Limit 30 10:00 SilverSneakers Cardio 11:15 Easy Yoga 11:30- Parkinson's exercise-	30 8:15- Zumba- 8:45- Easy Yoga- 9:30-Silversneaker classic- limit 30- 10:45-Silversneaker classic- 11-Beginning Balance-	31 8:30-Cardio Jam 9AM- 60UP BALANCE - 10 Chair Yoga- 10:00 SilverSneakers Cardio- 11:30-Parkinson's class- 1:00-3:00 HEARING SCREENING BY APPT. 330 -6542-7542	Open M-F-8-4:30PM-Parking by Target or Dental Works Phone: 330-652-7542 BLOOD PRESSURES-Tues- Wed- Thurs...9AM-12PM- Tues. 1:30-3:30pm REGISTRATION FOR August on July 22nd!	