

Riverbank Seniors Fit Camp

July Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4	5	6	7	8	9
		11am-noon: Hike and Learn walks with Aly	10am-11am: Light cardio and fitness with Emmanuelle	10am-11am: Latin Beats (Zumba Inspired) with Lily		
10	11	12	13	14	15	16
		10am-11am: Balance and Strength with Jodie	10am-11am: Light cardio and fitness with Emmanuelle	10am-11am: Latin Beats (Zumba Inspired) with Lily		
17	18	19	20	21	22	23
		10am-11am: Balance and Strength with Gail	10am-11am: Light cardio and fitness with Emmanuelle	10am-11am: Latin Beats (Zumba Inspired) with Lily		
24	25	26	27	28	29	30
		10am-11am: Balance and Strength with Jodie	10am-11am: Light cardio and fitness with Emmanuelle	10am-11am: Latin Beats (Zumba Inspired) with Lily		
31	1					