

July

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <u>RELAXING STRETCH:</u> <u>15 MIN</u>	2 <u>LOW IMPACT DANCE CARDIO:</u> <u>28 MIN</u>	3 <u>UPPER BODY STRENGTH:</u> <u>18 MIN</u>	4 <u>EXERCISES FOR FOOT PAIN:</u> <u>24 MIN</u>	5 <u>WALKING WITH RESISTANCE BANDS:</u> <u>8 MIN</u>
6 <u>MEDICINE BALL WORKOUT:</u> <u>11 MIN</u>	7 <u>HAMSTRING STRETCHES:</u> <u>9 MIN</u>	8 <u>UPBEAT AEROBICS:</u> <u>29 MIN</u>	9 <u>FALL PREVENTION EXERCISE:</u> <u>9 MIN</u>	10 <u>BLAST AWAY BELLY FAT:</u> <u>12 MIN</u>	11 <u>HAPPY WORKOUT:</u> <u>25 MIN</u>	12 <u>GENTLE MORNING MOVEMENT:</u> <u>10 MIN</u>
13 <u>FULL BODY CHAIR WORKOUT:</u> <u>20 MIN</u>	14 <u>RESISTANCE BAND WORKOUT:</u> <u>20 MIN</u>	15 <u>SALSA FOR BEGINNERS + SALSA PRACTICE:</u> <u>8 MIN</u>	16 <u>CARPAL TUNNEL RELIEF:</u> <u>19 MIN</u>	17 <u>HIGH ENERGY AEROBICS:</u> <u>25 MIN</u>	18 <u>FULL BODY STRENGTH WORKOUT:</u> <u>19 MIN</u>	19 <u>CHAIR YOGA:</u> <u>14 MIN</u>
20 <u>QUICK MORNING ENERGY BOOST:</u> <u>2 MIN</u>	21 <u>PREVENT LOW BONE MASS:</u> <u>20 MIN</u>	22 <u>TEXAS HOLD 'EM DANCE WORKOUT:</u> <u>8 MIN</u>	23 <u>SENIOR TAI CHI:</u> <u>9 MIN</u>	24 <u>CARDIO & STRENGTH TRAINING:</u> <u>25 MIN</u>	25 <u>BALANCE TRAINING W/ WEIGHTS:</u> <u>12 MIN</u>	26 <u>PELVIC FLOOR STRENGTH:</u> <u>7 MIN</u>
27 <u>BOXING WORKOUT:</u> <u>16 MIN</u>	28 <u>SLOW RELEASE WEIGHT LIFTING:</u> <u>18 MIN</u>	29 <u>EXERCISE FOR HIP PAIN:</u> <u>18 MIN</u>	30 <u>CHALLENGING CARDIO:</u> <u>25 MIN</u>	31 <u>UP + DOWN FROM FLOOR PRACTICE:</u> <u>10 MIN</u>		