



July 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2 Namaste Yoga 5:30 pm – 6:30 pm	3	4 City Offices CLOSED	5 Stretch Class 10:30 am – 11:45 am Insanity Live 12:00 pm - 1:00 pm	6	7
8	9 Namaste Yoga 5:30 pm – 6:30 pm	10 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	11 Balance Class 10:00 am – 11:00 am	12 Stretch Class 10:30 am – 11:45 am Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	13	14
15	16 Body Sculpt 11:30 am – 12:30 pm Namaste Yoga 5:30 pm – 6:30 pm	17 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	18 Balance Class 10:00 am – 11:00 am Body Sculpt 11:30 am – 12:30 pm	19 Stretch Class 10:30 am – 11:45 am Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	20	21
22	23 Body Sculpt 11:30 am – 12:30 pm	24 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	25 Balance Class 10:00 am – 11:00 am Body Sculpt 11:30 am – 12:30 pm	26 Stretch Class 10:30 am – 11:45 am Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm	27	28
29	30 Body Sculpt 11:30 am – 12:30 pm Namaste Yoga 5:30 pm – 6:30 pm	31 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm				

notes

For Questions Call 719-687-5225

Visit Our Website: www.city-woodlandpark.org/parks-and-recreation

Come see us, Monday – Friday, 8am – 5pm located next to City Hall, 204 W. South Ave.