



August 2018

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

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.