

























Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Cornhole Tournament</b> 2 people per team August 9 @ 5:30 pm ARHS Parking Lot ***** \$30 a team to sign –up Food and Prizes!</p>		<p>1 8:15 am Advanced Fitness 9:30 am In the Mix for Health 10.45 am Movement and Health 5:30 pm DPP 5:30 pm Couch to 5K</p>	<p>2 8:15 am Wake Up &amp; Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise</p>	<p>3 8:15 am Advanced Fitness 9:30 am In the Mix for Health 10:45 am Movement and Health 5:30 pm Couch to 5K</p>	<p>4 8:15 am Wake Up &amp; Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise for Seniors</p>	<p>5 8:00 am Trail Run 9:30 am Yoga</p>
<p>6 </p>	<p>7 8:15 am Wake Up &amp; Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise for Seniors</p>	<p>8 8:15 am Advanced Fitness 9:30 am In the Mix for Health 10.45 am Movement and Health 5:30 pm Couch to 5K</p>	<p>9 8:15 am Wake Up &amp; Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise 5:30am Cornhole</p>	<p>10 8:15 am Advanced Fitness 9:30 am In the Mix for Health 10:45 am Movement and Health 5:30 pm Couch to 5K</p>	<p>11 8:15 am Wake Up &amp; Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise for Seniors</p>	<p>12 8:00 am Trail Run 9:30 am Yoga</p>
<p>13 24/7 Exercising starts August 14th! Pricing available at the front desk</p> <p></p>	<p>14 8:15 am Wake Up &amp; Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise for Seniors</p> <p></p>	<p>15 8:15 am Advanced Fitness 9:30 am In the Mix for Health 10.45 am Movement and Health 5:30 pm DPP</p> <p></p>	<p>16 8:15 am Wake Up &amp; Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise for Seniors 6:00 pm Yoga</p> <p></p>	<p>17 8:15 am Advanced Fitness 9:30 am In the Mix for Health 10:45 am Movement and Health 5:30 pm Couch to 5K</p> <p></p>	<p>18 8:15 am Wake Up &amp; Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise for Seniors</p> <p></p>	<p>19 9:30 am Yoga</p> <p></p>
<p>20</p> <p></p>	<p>21 8:15 am Wake Up &amp; Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise for Seniors</p> <p></p>	<p>22 8:15 am Advanced Fitness 9:30 am In the Mix for Health 10.45 am Movement and Health 5:30 pm DPP</p> <p></p>	<p>23 8:15 am Wake Up &amp; Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise for Seniors 6:00 pm Yoga</p> <p></p>	<p>24 8:15 am Advanced Fitness 9:30 am In the Mix for Health 10:45 am Movement and Health 5:30 pm Couch to 5K</p> <p></p>	<p>25 8:15 am Wake Up &amp; Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise for Seniors</p> <p></p>	<p>26 8:00 am Trail Run 9:30 am Yoga</p> <p></p>
<p>27 Follow us On Twitter! @AdvRehabHealth</p> <p></p>	<p>28 8:15 am Wake Up &amp; Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise for Seniors</p> <p></p>	<p>29 8:15 am Advanced Fitness 9:30 am In the Mix for Health 10.45 am Movement and Health 5:30 pm DPP</p> <p></p>	<p>30 8:15 am Wake Up &amp; Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise for Seniors 6:00 pm Yoga</p> <p></p>	<p>31 8:15 am Advanced Fitness 9:30 am In the Mix for Health 10:45 am Movement and Health 5:30 pm Couch to 5K</p> <p></p>	<p>Like us on Facebook!</p> <p></p>	<p>Coming Soon in October:</p> <p></p> <p>Kettlebell classes</p>