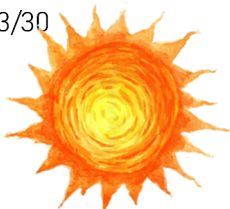


August 2026

Manypenny Recreation Schedule; Lower Level of Zerr Chapel

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All classes occur in the Manypenny Recreation Room — Lower Level of Zerr Chapel						1 
2 <u>Mondays, Wednesdays, and Fridays—Band Together 9a, 10a, & 11a</u>	3 1:30p—Chair Yoga	4	5 2p—Body Balance 3:30p—Meditation	6 9a—Wonder Weights 1:30p—Zumba Gold	7	8
9 <u>Cleaning of the Room occurs on Tuesdays 9-11:15 am</u>	10 1:30p—Chair Yoga	11	12 2p—Body Balance 3:30p—Meditation	13 9a— Wonder Weights 1:30p—Zumba Gold	14	15
16	17 1:30p—Chair Yoga	18	19 3:30p—Meditation	20	21	22
23/30 	24/31 1:30p—Chair Yoga	25	26 3:30p—Meditation	27	28	29