JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	1
1	2	3 Elders Fitness Half Day	4 4th of July CLOSED	5 CLOSED	6	7	
8 Elders Yoga Nutriton Class Yoga@ NYCC	9 Massage Therapy w/ Sydney Elders Fitness	10 Elders Yoga NYCC Yoga	11 Massage Therapy w/ Sydney	12	13 Hiking Group Location TBD	14	
15 Elders Yoga Nutriton Class Yoga@ NYCC	16 Elders Fitness	17 Elders Yoga NYCC Yoga	18	19 Elders Nutrition	20	21	Nisqually Health Fitness & Nutrition Kareem Gannie Fregus Mange unt land fo II Opposit An Antre Enter Opposit An Antre Enter Opposit An Antre Enter Opposit An Antre Enter Opposit Annother Opposit Oppo
Elders Yoga Nutriton Class Yoga@ NYCC	23 MassageTherapy w/ Sydney Elders Fitness	24 Massage Therapy w/ Josh Elders Yoga NYCC Yoga	25 Massage Therapy w/ Sydney	26	27 Hiking Group Location TBD	28	Health Fitness & Nutrition Alisha Gannie Health Gesch Orenow W Andre Teach person delight general man men Teach general delight general man general gen
Elders Yoga Nutriton Class Yoga@ NYCC	30 Elders Fitness	31 Massage Therapy w/ Josh Elders Yoga NYCC Yoga					A B B
		NOTES: Elders Nutrition Elders Yoga @10 NYCC Yoga @ 12 ALL Massage The Elders Fitness @					