

# JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3 <b>Elders Fitness Half Day</b>	4 <b>4th of July CLOSED</b>	5 <b>CLOSED</b>	6	7
8 <b>Elders Yoga Nutriton Class Yoga@ NYCC</b>	9 Massage Therapy w/ Sydney <b>Elders Fitness</b>	10 <b>Elders Yoga NYCC Yoga</b>	11 Massage Therapy w/ Sydney	12	13 Hiking Group Location TBD	14
15 <b>Elders Yoga Nutriton Class Yoga@ NYCC</b>	16 <b>Elders Fitness</b>	17 <b>Elders Yoga NYCC Yoga</b>	18	19 <b>Elders Nutrition</b>	20	21
22 Elders Yoga Nutriton Class Yoga@ NYCC	23 MassageTherapy w/ Sydney <b>Elders Fitness</b>	24 Massage Therapy w/ Josh <b>Elders Yoga NYCC Yoga</b>	25 Massage Therapy w/ Sydney	26	27 Hiking Group Location TBD	28
29 <b>Elders Yoga Nutriton Class Yoga@ NYCC</b>	30 <b>Elders Fitness</b>	31 Massage Therapy w/ Josh <b>Elders Yoga NYCC Yoga</b>				
<p><b>NOTES:</b>  <b>Elders Nutrition Classes @ 11 am, NYCC Nutritoon Classes @ 12 Noon</b>  <b>Elders Yoga @10:30 am</b>  <b>NYCC Yoga @ 12 Noon</b>  <b>ALL Massage Therapy is @ NYCC</b>  <b>Elders Fitness @ 10:30 am</b></p>						

