



August 2022 Exercise Calendar



Water Aerobics classes take place at the Warford Activity Center (1330 NW 18th Avenue, Amarillo, TX 79107)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 AM – 7:00 PM 8:30 am – Walking Group 9 am – Gentle Yoga 10:30 am – Light Lifts 5 pm – Walking Group	2 8:30 AM – 7:00 PM 8:30 am – Walking Group 9 am – Food and Finances (Hybrid) 11:15 am – Water Aerobics 5 pm – Walking Group	3 8:30 AM – 7:00 PM 8:30 am – Walking Group 10:30 am – SitFit (Hybrid) 5 pm – Walking Group	4 8:30 AM – 7:00 PM 8:30 am – Walking Group 1 pm – Chair Yoga (Hybrid) 5 pm – Walking Group	5 CLOSED	6 9:00 AM – 12:00 PM <i>The Gym is Open Today!!</i> <i>OPEN GYM</i>
8 8:30 AM – 7:00 PM 8:30 am – Walking Group 9 am – Gentle Yoga 5 pm – Walking Group	9 8:30 AM – 7:00 PM 8:30 am – Walking Group 9 am – Food and Finances (Hybrid) 10:30 am – Tai Chi 11:15 am – Water Aerobics 5 pm – Walking Group	10 8:30 AM – 7:00 PM 8:30 am – Walking Group 5 pm – Walking Group	11 8:30 AM – 7:00 PM 8:30 am – Walking Group 1 pm – Chair Yoga (Hybrid) 5 pm – Walking Group 6 pm – SitFit (Hybrid)*	12 9:00 AM – 12:00 PM 9 am – Walking Group	13 CLOSED
15 8:30 AM – 7:00 PM 8:30 am – Walking Group 9 am – Gentle Yoga 10:30 am – Light Lifts 5 pm – Walking Group	16 8:30 AM – 7:00 PM 8:30 am – Walking Group 9 am – Food and Finances (Hybrid) 11:15 am – Water Aerobics 5 pm – Walking Group	17 8:30 AM – 7:00 PM 8:30 am – Walking Group 10:30 am – SitFit (Hybrid) 5 pm – Walking Group	18 8:30 AM – 7:00 PM 8:30 am – Walking Group 1 pm – Chair Yoga (Hybrid) 5 pm – Walking Group	19 9:00 AM – 12:00 PM 9 am – Walking Group	20 CLOSED
22 8:30 AM – 7:00 PM 8:30 am – Walking Group 9 am – Gentle Yoga 5 pm – Walking Group	23 8:30 AM – 7:00 PM 8:30 am – Walking Group 9 am – Food and Finances (Hybrid) 10:30 am – Tai Chi 11:15 am – Water Aerobics 5 pm – Walking Group	24 8:30 AM – 7:00 PM 8:30 am – Walking Group 5 pm – Walking Group 5:30 pm – What is Wellness? (Hybrid)	25 8:30 AM – 7:00 PM 8:30 am – Walking Group 1 pm – Chair Yoga (Hybrid) 5 pm – Walking Group 5:15 pm – Drive Thru Prayer * 6 pm – SitFit (Hybrid)*	26 9:00 AM – 12:00 PM 9 am – Walking Group	27 CLOSED
29 8:30 AM – 7:00 PM 8:30 am – Walking Group 9 am – Gentle Yoga 5 pm – Walking Group	30 8:30 AM – 7:00 PM 8:30 am – Walking Group 9 am – Food and Finances (Hybrid) 11:15 am – Water Aerobics 5 pm – Walking Group	31 8:30 AM – 7:00 PM 8:30 am – Walking Group 10:30 am – SitFit (Hybrid) 5 pm – Walking Group 5:30 pm – Exercising with Diabetes (Hybrid)	REMINDERS *SitFit on the 11th and 25th of August at 6 pm will have childcare provided*	REMINDERS *Drive-Thru prayer does NOT count as an enrichment or exercise credit*	REMINDERS <i>Open Gym is every weekday from 11 am to 4 pm</i>



August 2022 Enrichment Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 AM – 7:00 PM 11 am - Gardening 6 pm – Alcoholics Anonymous	2 8:30 AM – 7:00 PM 9 am – Food and Finances (Hybrid) 4 pm – Biblical Counseling 5:30 pm – Lotería	3 8:30 AM – 7:00 PM 9 am – Diabetes Medication Education 10:30 am – SitFit (Hybrid) 1 pm – Financial Literacy	4 8:30 AM – 7:00 PM 10:30 am – Creative Cooking 5:30 pm – Creative Cooking	5 CLOSED	6 9:00 AM – 12:00 PM <i>The Gym is Open Today!!</i> <i>OPEN GYM</i>
8 8:30 AM – 7:00 PM 11 am - Gardening 6 pm – Alcoholics Anonymous	9 8:30 AM – 7:00 PM 9 am – Food and Finances (Hybrid) 4 pm – Biblical Counseling	10 8:30 AM – 7:00 PM 9:00 am – Morning Meditation 12:30 pm – Heart Health	11 8:30 AM – 7:00 PM 10:30 am – Creative Cooking 5:30 pm – Creative Cooking 6 pm – SitFit (Hybrid)*	12 9:00 AM – 12:00 PM	13 CLOSED
15 8:30 AM – 7:00 PM 9:30 am - Painting 11 am – Gardening 6 pm – Alcoholics Anonymous	16 8:30 AM – 7:00 PM 9 am – Food and Finances (Hybrid) 4 pm – Biblical Counseling 5:30 pm - Bingo	17 8:30 AM – 7:00 PM 9 am – Hypertension Medication Education 10:30 am – SitFit (Hybrid) 1 pm – Financial Literacy	18 8:30 AM – 7:00 PM 9:30 am – Myths about Vaccines 10:30 am – Creative Cooking 5:30 pm – Creative Cooking	19 9:00 AM – 12:00 PM	20 CLOSED
22 8:30 AM – 7:00 PM 11 am – Gardening 5:30 pm – Stress Management 6 pm – Alcoholics Anonymous	23 8:30 AM – 7:00 PM 9 am – Food and Finances (Hybrid) 10:30 am – Creative Cooking with Hypertension 4 pm – Biblical Counseling	24 8:30 AM – 7:00 PM 10:30 am – Drumming 12:30 pm – Heart Health 5:30 pm – What is Wellness? (Hybrid)	25 8:30 AM – 7:00 PM 10:30 am – Creative Cooking 5:30 pm – Creative Cooking 6 pm – SitFit (Hybrid)*	26 9:00 AM – 12:00 PM	27 CLOSED
29 8:30 AM – 7:00 PM 10:30 am – Alone Time with God 11 am - Gardening 6 pm – Alcoholics Anonymous	30 8:30 AM – 7:00 PM 9 am – Food and Finances (Hybrid) 11 am – Eating with Diabetes 4 pm – Biblical Counseling 5:30 pm – Lotería	31 8:30 AM – 7:00 PM 9 am – Diabetes Medication Education 10:30 am – SitFit (Hybrid) 12 pm – Healthy You 1 pm – Financial Literacy 5:30 pm – Exercising with Diabetes (Hybrid)	REMINDERS *SitFit on the 11 th and 25 th of August at 6 pm will have childcare provided*	REMINDERS Failure to complete monthly wellness requirements will result in issuance of a strike	REMINDERS <i>Open Gym is every weekday from 11 am to 4 pm</i>