



JULY 2018 ACTIVE ADULT CALENDAR

HERNANDO COUNTY YMCA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:00-4:00 Pickleball 2:30-3:30 Body Flow/Power Yoga	2 9:15- 10:30 Yoga 9:45- 10:30 Zumba Toning SilverSneakers 10:45- 11:45 Circuit 12:00- 1:00 Classic 12:00- 12:45 Cardio Dance <u>12:15</u> <u>ADLT COLORING</u> 6:30- 7:45 Yoga 6:45- 7:45 Zumba	3 <u>VETERAN'S BBQ</u> 5:45- 6:40 Yoga 10:00- 10:30 Meditation 10:00- 11:00 Zumba 10:45- 11:45 Yoga 12:15- 1:15 Belly Dancing 12:00- 1:00 SS Classic 1:10- 2:10 Yoga (Chair) 4:00- 4:50 Tai Chi 7:00- 8:00 Zumba	4 <u>INDEPENDENCE DAY</u> <u>Holiday Hours: 7a.m. – 6 p.m.</u> 9:30 Yoga 9:45 Water exercise 10:30 Zumba 11:00 SilverSneakers Classic	5 5:45- 6:40 Yoga 10:00-11:00 Zumba 10:45-11:45 Yoga 11:00-12:00 Zumba Strong SilverSneakers 12:00- 1:00 Classic 1:10- 2:10 Yoga (Chair) <u>2:00</u> <u>Travel Committee</u> 7:30- 9:30 Pickleball	6 8:30- 9:30 Zumba Gold 9:45- 10:30 Zumba Toning 10:45-11:45 Yoga SilverSneakers 10:45-11:45 Circuit 12:00- 1:00 Classic 12:00-12:45 Cardio Dance 1:00- 2:00 Adult Dance Mix	7 7:45- 8:45 Tai Chi 9:00-10:00 Yoga 9:15-10:15 Zumba
8 2:00-4:00 Pickleball 2:30-3:30 Body Flow/Power Yoga	9 9:15- 10:30 Yoga 9:45- 10:30 Zumba Toning SilverSneakers 10:45- 11:45 Circuit 12:00- 1:00 Classic 12:00- 12:45 Cardio Dance <u>12:15</u> <u>ADLT COLORING</u> 6:30- 7:45 Yoga 6:45- 7:45 Zumba	10 <u>NTL Hot Dog Day</u> 5:45- 6:40 Yoga 10:00- 10:30 Meditation 10:00- 11:00 Zumba 10:45- 11:45 Yoga 12:15- 1:15 Belly Dancing 12:00- 1:00 SS Classic 1:10- 2:10 Yoga (Chair) 4:00- 4:50 Tai Chi 7:00- 8:00 Zumba	11 9:00-10:00 SilverSneakers Cardio 10:15-11:00 Cardio Lite <u>1:15</u> <u>CARD CLUB</u> 12:10- 1:10 Strength Lite 2:00 – 3:00 Ballroom Dance 4:00- 5:00 Chi Kung 6:45- 7:45 Zumba	12 5:45- 6:40 Yoga 10:00-11:00 Zumba 10:45-11:45 Yoga 11:00-12:00 Zumba Strong SilverSneakers 12:00- 1:00 Classic 1:10- 2:10 Yoga (Chair) 7:30- 9:30 Pickleball	13 8:30- 9:30 Zumba Gold 9:45- 10:30 Zumba Toning 10:45-11:45 Yoga SilverSneakers 10:45-11:45 Circuit 12:00- 1:00 Classic 12:00-12:45 Cardio Dance 1:00- 2:00 Adult Dance Mix	14 7:45- 8:45 Tai Chi 9:00-10:00 Yoga 9:15-10:15 Zumba
15 2:00-4:00 Pickleball 2:30-3:30 Body Flow/Power Yoga	16 9:15- 10:30 Yoga 9:45- 10:30 Zumba Toning SilverSneakers 10:45- 11:45 Circuit 12:00- 1:00 Classic 12:00- 12:45 Cardio Dance <u>12:15</u> <u>ADLT COLORING</u> 2:00 <u>Movie Matinee</u> 6:45- 7:45 Zumba	17 5:45- 6:40 Yoga 10:00- 10:30 Meditation 10:00- 11:00 Zumba 10:45- 11:45 Yoga 12:15- 1:15 Belly Dancing 12:00- 1:00 SS Classic 1:10- 2:10 Yoga (Chair) <u>2:00</u> <u>Book Club</u> 7:00- 8:00 Zumba	18 9:00-10:00 SilverSneakers Cardio 10:15-11:00 Cardio Lite <u>1:15</u> <u>CARD CLUB</u> <u>12:00</u> <u>Everybody Birthday Party</u> 12:10- 1:10 Strength Lite 2:00 – 3:00 Ballroom Dance 4:00- 5:00 Chi Kung 6:45- 7:45 Zumba	19 5:45- 6:40 Yoga 10:00-11:00 Zumba 10:45-11:45 Yoga 11:00-12:00 Zumba Strong SilverSneakers 12:00- 1:00 Classic 1:10- 2:10 Yoga (Chair) 7:30- 9:30 Pickleball	20 8:30- 9:30 Zumba Gold 9:45- 10:30 Zumba Toning 10:45-11:45 Yoga SilverSneakers 10:45-11:45 Circuit 12:00- 1:00 Classic 12:00-12:45 Cardio Dance 1:00- 2:00 Adult Dance Mix 2:00- 3:00 Line Dancing	21 7:45- 8:45 Tai Chi 9:00-10:00 Yoga 9:15-10:15 Zumba
22 2:00-4:00 Pickleball 2:30-3:30 Body Flow/Power Yoga	23 9:15- 10:30 Yoga 9:45- 10:30 Zumba Toning SilverSneakers 10:45- 11:45 Circuit 12:00- 1:00 Classic 12:00- 12:45 Cardio Dance <u>12:15</u> <u>ADLT COLORING</u> 6:30- 7:45 Yoga 6:45- 7:45 Zumba	24 5:45- 6:40 Yoga 10:00- 10:30 Meditation 10:00- 11:00 Zumba 10:45- 11:45 Yoga 12:15- 1:15 Belly Dancing 12:00- 1:00 SS Classic 1:10- 2:10 Yoga (Chair) 4:00- 4:50 Tai Chi 7:00- 8:00 Zumba	25 9:00-10:00 SilverSneakers Cardio 10:15-11:00 Cardio Lite <u>1:15</u> <u>CARD CLUB</u> 12:10- 1:10 Strength Lite 2:00 – 3:00 Ballroom Dance 4:00- 5:00 Chi Kung 6:45- 7:45 Zumba	26 5:45- 6:40 Yoga 10:00-11:00 Zumba 10:45-11:45 Yoga 11:00-12:00 Zumba Strong SilverSneakers 12:00- 1:00 Classic 1:10- 2:10 Yoga (Chair) 7:30- 9:30 Pickleball	27 8:30- 9:30 Zumba Gold 9:45- 10:30 Zumba Toning 10:45-11:45 Yoga SilverSneakers 10:45-11:45 Circuit 12:00- 1:00 Classic 12:00-12:45 Cardio Dance 1:00- 2:00 Adult Dance Mix 2:00- 3:00 Line Dancing	28 7:45- 8:45 Tai Chi 9:00-10:00 Yoga 9:15-10:15 Zumba
29 <u>1:00 Lasagna Day</u> 2:00-4:00 Pickleball 2:30-3:30 Body Flow/Power Yoga	30 9:15- 10:30 Yoga 9:45- 10:30 Zumba Toning SilverSneakers 10:45- 11:45 Circuit 12:00- 1:00 Classic 12:00- 12:45 Cardio Dance <u>12:15</u> <u>ADLT COLORING</u> 6:30- 7:45 Yoga 6:45- 7:45 Zumba	31 5:45- 6:40 Yoga 10:00- 10:30 Meditation 10:00- 11:00 Zumba 10:45- 11:45 Yoga 12:15- 1:15 Belly Dancing 12:00- 1:00 SS Classic 1:10- 2:10 Yoga (Chair) 4:00- 4:50 Tai Chi 7:00- 8:00 Zumba	YMCA of the SUNCOAST- HERNANDO COUNTY 1300 Mariner Blvd Spring Hill, FL 34609 352-688-9622			



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HERNANDO COUNTY YMCA

- VETERAN'S BBQ** Please join us as we honor those who have served our Country. Complimentary BBQ provided by Villa Verde Café. Tuesday, July 3rd at 11 am. Free to Veteran's and their families. ***Please sign up at Member Services to reserve your seat.***
- MOVIE MATINEE** Join us on July 16th at 2PM in the Teen Center. We are watching Paul Apostle of Christ. Luke risks his life to visit Paul, who is being held captive by Nero in Rome as he awaits his inevitable death. While Paul begins to doubt himself, Luke is determined to spread the Gospel in an era when Christians are still persecuted for their beliefs. Rated PG-13. ***Please sign up at Member Services to reserve your seat.***
- BOOK CLUB** Are you interested in joining a book club? Do you like to read and discuss popular books? Our next meeting is July 17th at 2 pm. Books will be rented from a local library. A \$20 deposit will be needed to cover the cost of lost or stolen books. The \$20 is refundable at the end of club participation.
- EVERYBODY BIRTHDAY** We never forget a birthday at the Y!! Everyone deserves a special birthday party, celebrate yours with us on July 18th at noon. ***Please sign up at Member Services by July 13th to reserve your seat.***
- LINE DANCING CLUB** Meets Fridays at 2pm in MP2. Learn some new dances while getting some fun exercise. Instructor Florence will cover classics like Electric Slide, Kanas City, & Cab Driver, plus some Country, Cha-Cha's, Tango's, and even a Polka! ***There will be no classes on 7/6 and 7/13.***
- NTL LASAGNA DAY** Sunday, July 29th at 1 p.m. Come celebrate the cheesy goodness of homemade lasagna without all the work. We will be dining on delicious salad, bread, lasagna, and a yummy dessert! \$10 per person. ***Please purchase your ticket by July 26th to reserve your seat.***
- MEDICARE** Need assistance with Medicare? The SHINE program from the Florida Department of Elder Affairs will provide free and unbiased counseling to assist with plan selection and any Medicare questions. SHINE does not sell insurance. **Call 352-593-0705 to schedule a face to face appointment.**
- VOLUNTEER** Looking for something worthwhile to do? We have volunteer positions open in many departments. Have a hobby or skill you would like to share with others? Contact Melissa Jonas to discuss opportunities.

"America was not built on fear. America was built on courage, on imagination, and an unbeatable determination to do the job at hand."
– Harry S. Truman