


JULY	Mon	Tue	Wed	Thu	Fri	INSTRUCTORS
Susanne Small 201-529-5757 x 213 ssmall@mahwahtwp.org Rosalie Giudice 201-529-5757 x 277 rgiudice@mahwahtwp.org <u>Township Website:</u> www.mahwahtwp.org	3 9:30 Bridge 10:00 Pilates 11:00 Zumba 12:30 Mahjong	 4 Building closed	5 10:00 Freestyle Art (non-instructional) 10:00 Chair Yoga 11:00 Aerobics 12:30 Watercolor/ Acrylics 12:30 Bridge 12:05 Ballet	6 10:00 Current Events Discussion Group	7 9:45 Zumba 10:00 Pinochle 11:00 Yoga 12:00 Knitting 12:30 Dance Class 1:00 Woodcarving	Monday: PILATES Gina Pano Baumann ZUMBA Shelley Capener
Tuesday, July 11 12:00 Senior Picnic @Continental Soldier Park	10 9:30 Bridge 10:00 Pilates DVD 11:00 Zumba 12:30 Mahjong 1:00 Memoir	11 12:00 Senior Picnic @ CSP 10:00 Pinochle 10:00 Line Dancing 11:00 Jazz-Aerobics NO Yoga 12:15 Canasta 1:00 Woodcarving 1:15 Bloodpressure Clinic	12 9:30 Jefferson House Trip 10:00 Freestyle Art (non-instructional) 10:00 Chair Yoga 11:00 Aerobics 12:30 Watercolor/ Acrylics 12:30 Bridge 12:05 Ballet	13 10:00 Current Events Discussion Group 11:00 Medicare Fraud Prevention Miriam Taub Refreshments will be served NO WALK INS	14 9:45 Zumba 10:00 Pinochle 11:00 Yoga 12:00 Knitting 12:30 Dance Class 1:00 Woodcarving	Tuesday Line Dancing Helene Heschle Jazz Infused Combo Donna Baccaro YOGA Margret Eddy
Every Wednesday: Class changes: Freestyle Art (non-instructional)	17 9:30 Bridge 10:00 Pilates 11:00 Zumba 12:30 Mahjong	18 10:00 Pinochle 10:00 Line Dancing 11:00 Jazz-Aerobics NO Yoga 12:15 Canasta 1:00 Woodcarving	19 10:00 Freestyle Art (non-instructional) 10:00 Chair Yoga 11:00 Aerobics 12:30 Watercolor/ Acrylics 12:30 Bridge 12:05 Ballet	20 10:00 Current Events Discussion Group 12:00 LUNCH Erin Brown THE VISTA Reservations only	21 9:45 Zumba 10:00 Pinochle 11:00 Yoga 12:00 Knitting 12:30 Dance Class	Wednesday: Chair Yoga Diane Davis Watercolor /Acrylics Peggy Dressel Aerobics / Ballet Donna Baccaro
The Ballet Class is starting at 12:05 pm on Wednesdays	24 9:30 Bridge 10:00 Pilates 11:00 Zumba 12:30 Mahjong 1:00 Memoir	25 10:00 Pinochle 10:00 Line Dancing 11:00 Jazz-Aerobics 12:00 Yoga 12:15 Canasta 1:00 Woodcarving	26 10:00 Freestyle Art (non-instructional) 10:00 Chair Yoga 11:00 Aerobics 12:30 Watercolor/ Acrylics 12:30 Bridge 12:05 Ballet	27 10:00 Current Events Discussion Group 12:00 MOVIE DAY Beauty and The Beast Refreshments will be served Bring your own lunch	28 9:45 Zumba 10:00 Pinochle 11:00 Yoga 12:00 Knitting 12:30 Dance Class 1:00 Woodcarving	Thursday Current Events Discussion Phil McLewin Every 2nd and 4th Senior Club Meeting
	31 9:30 Bridge 10:00 Pilates DVD 11:00 Zumba 12:30 Mahjong					Friday: Zumba Mary Lee Costello Yoga MaryAnn Gebhardt Dance Class Oscar Sanchez