



~ August 2012 ~						September ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 Stress-relief Activity: water aerobics/swim lesson 11am-12pm Gage Park 2411 w 55 th st	7	8 Stress-relief Activity: Lap swim/swim lesson 11am-12pm Gage Park 2411 w 55 th st	9	10	11
12	13	14 Stress-relief Activity: water aerobics/swim lesson 3:15pm-4pm Gage Park 2411 w 55 th st	15	16 Stress-relief Activity: Lap swim/swim lesson 3:15pm-4pm Gage Park 2411 w 55 th st	17	18 Hip 2 Be Fit Fitness 4 a Cause "Stop the violence" Self-defense Lake-front Kickboxing 6-7pm
19	20	21	22	23	24 Stress-relief Activity: water aerobics/swim lesson 6:15pm-7pm Gage Park 2411 w 55 th st	25 Hip 2 Be Fit Fitness 4 a Cause "Stop the violence" Lake-front Samba Dance 6-7pm

~ August 2012 ~						
◀ July						September ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 Stress-relief Activity: Lap swim/swim lesson 6:15pm-7pm Gage Park 2411 w 55 th st	27	28	29	30	31	Notes: