

August Wellness 2022

*Programs are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 11:00 BODY SCULPTING	2 10:00 BOLLYX 12:30 SWEATIN TO THE OLDIES	3 10:00 ZUMBA 1:30 BADMINTON	4 11:30 CHAIR YOGA	5 10:30 BODY SCULPTING (last day) 2:30 NO NOW & ZEN, Aud. 2 (On Hiatus until September)
8 11:00 BODY SCULPTING	9 10:00 BOLLYX 12:30 SWEATIN TO THE OLDIES	10 10:00 ZUMBA 1:30 BADMINTON	11 11:30 CHAIR YOGA 2:00 -3:00 Penn Med Lecture- Get Back In The Swing (Golf) To register call 1.888.897.8979	12 10:30 LINE DANCING 2:30 NO NOW & ZEN, Aud.2 (On hiatus until September)
15 11:00 BODY SCULPTING	16 12:30 SWEATIN TO THE OLDIES	17 10:00 ZUMBA 1:30 BADMINTON	18 11:30 CHAIR YOGA	19 10:30 ALBORADA SPANISH DANCE THEATRE, Large Gym Sign up at office 2:30 NO NOW & ZEN, Aud. 2 (On hiatus until September)
22 11:00 BODY SCULPTING	23 12:30 SWEATIN TO THE OLDIES	24 10:00 ZUMBA 1:30 BADMINTON	25 11:30 CHAIR YOGA	26 10:30 LINE DANCING 2:30 NO NOW & ZEN, Aud. 2 (On hiatus until September)
29 11:00 BODY SCULPTING	30 10 :00 BOLLYX 12:30 SWEATIN TO THE OLDIES	31 10:00 ZUMBA 1:30 BADMINTON	<p>All Penn Med Programs Are Independently Scheduled To Register For Their Programs Please Call 888.897.8979</p> <p>Or Register Online at https://www.princetonhcs.org/events?term=south+brunswick</p>	