



# Y.E.S. (Young Energetic Seniors) CALENDAR OF EVENTS

# AUGUST 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>CIRCUIT TRAINING</b> 10:00 AM  <b>AUGUST BIRTHDAYS</b> 10:45 AM  2	3	<b>CIRCUIT TRAINING</b> 10:00 AM  <b>Y.E.S YOGA</b> 10:45 AM  4	<b>CIRCUIT TRAINING</b> 10:00 AM  5	<b>CIRCUIT TRAINING</b> 10:00 AM  <b>Y.E.S YOGA</b> 10:45 AM  6	
	<b>CIRCUIT TRAINING</b> 10:00 AM  9	10	<b>CIRCUIT TRAINING</b> 10:00 AM  <b>Y.E.S YOGA</b> 10:45 AM  11	12	<b>CIRCUIT TRAINING</b> 10:00 AM  <b>Y.E.S YOGA</b> 10:45 AM  13	
	<b>CIRCUIT TRAINING</b> 10:00 AM  16	17	<b>CIRCUIT TRAINING</b> 10:00 AM  <b>Y.E.S YOGA</b> 10:45 AM  18	19	<b>CIRCUIT TRAINING</b> 10:00 AM  <b>Y.E.S YOGA</b> 10:45 AM  20	
	<b>CIRCUIT TRAINING</b> 10:00 AM  <b>PAINT A FLEUR DE LIS</b> 10:45 AM 23	24	<b>CIRCUIT TRAINING</b> 10:00 AM  <b>Y.E.S YOGA</b> 10:45 AM  25	26	<b>CIRCUIT TRAINING</b> 10:00 AM  <b>Y.E.S YOGA</b> 10:45 AM  27	
	<b>CIRCUIT TRAINING</b> 10:00 AM  <b>NO BUNCO</b>  30	31				

## Y.E.S. CLASS/ACTIVITY DESCRIPTIONS

CLASS/ACTIVITY	LOCATION	DESCRIPTION
<b>Y.E.S. BIRTHDAYS</b> <i>(10:45 AM)</i>	GRILL	A celebration of Y.E.S. member birthdays!
<b>Y.E.S. CIRCUIT TRAINING</b> <i>(10:00 - 10:45 AM)</i>	CIRCUIT TRAINING STUDIO	This total body workout combines cardiovascular, strength, and endurance in one exercise session using a complete Strive Circuit.
<b>Y.E.S. YOGA</b> <i>(10:45 - 11:45 AM)</i>	STUDIO 1	This class focuses on the development of core strength, alignment, balance, flexibility and breathing techniques for the mature adult. *** Chairs are available for those not able to get onto the floor comfortably.

SPECIAL PROGRAM	LOCATION	DESCRIPTION
<b>PAINT A FLEUR DE LIS</b> <i>(10:45-12:45 pm )</i>	Upstairs in conference room	<p>Create a ready to hang 12X16 or bigger fleur de lis canvas. The canvas is already sketched out! All you have to do it paint it!</p> <p>Instructor: Debbie Pearson from La Luna Arts will help you with step by step easy to follow instructions. All levels of art experience can do this!</p> <p>Who: PAC members and friends            Cost: \$35 (all supplies included)            Sign up with concierge no later than Thursday, Aug. 19</p>