



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

JULY 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				CIRCUIT TRAINING 10:00 AM 1	CIRCUIT TRAINING 10:00 AM Y.E.S YOGA 10:45 AM 2	
	CIRCUIT TRAINING 10:00 AM JULY BIRTHDAYS 10:45 AM 5	6	CIRCUIT TRAINING 10:00 AM Y.E.S YOGA 10:45 AM 7	CIRCUIT TRAINING 10:00 AM 8	CIRCUIT TRAINING 10:00 AM Y.E.S YOGA 10:45 AM 9	
	CIRCUIT TRAINING 10:00 AM HEARING SEMINAR 9:00 AM 12	13	CIRCUIT TRAINING 10:00 AM Y.E.S YOGA 10:45 AM 14	CIRCUIT TRAINING 10:00 AM 15	CIRCUIT TRAINING 10:00 AM Y.E.S YOGA 10:45 AM 16	
	CIRCUIT TRAINING 10:00 AM 19	20	CIRCUIT TRAINING 10:00 AM Y.E.S YOGA 10:45 AM 21	CIRCUIT TRAINING 10:00 AM CHRISTMAS IN JULY 11:00 AM 22	CIRCUIT TRAINING 10:00 AM Y.E.S YOGA 10:45 AM 23	
	CIRCUIT TRAINING 10:00 AM TASTE OF LOUISIANA 12:15 PM 26	27	CIRCUIT TRAINING 10:00 AM Y.E.S YOGA 10:45 AM 28	CIRCUIT TRAINING 10:00 AM 29	CIRCUIT TRAINING 10:00 AM Y.E.S YOGA 10:45 AM 30	

Y.E.S. CLASS/ACTIVITY DESCRIPTIONS

CLASS/ACTIVITY	LOCATION	DESCRIPTION
Y.E.S. BIRTHDAYS <i>(10:45 AM)</i>	GRILL	A celebration of Y.E.S. member birthdays!
Y.E.S. CIRCUIT TRAINING <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.
Y.E.S. YOGA <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
HEARING SEMINAR <i>(9:00-12:15 PM)</i>	Studio 1	9:00-11:15 Hearing screenings in the hallway by Studio 1 11:15-12:15 Lunch and seminar in Studio 1 FREE! But must sign up with concierge no later than Friday July 9. For members and guests!
CHRISTMAS IN JULY <i>(11 AM)</i>	Six Fortune Chinese Buffet on Hwy. 22	Please sign up on the Seniors Board so we know how many tables to reserve. Pay that day. Bring a wrapped "white elephant" gift to exchange.
CHEF JOHN FOLSE "TASTE OF LA" (TAPING IN BATON ROUGE)	Baton Rouge	Topic: Gator Hunting and Gator Meat Leave PAC at 12:15 pm. Return around 4:30 pm. Let kathy know if you are interested in driving. Sign up on seniors board. Free!