



EFC will be closed

ON Wednesday, July 4th.



July 2018 Class Calendar & Events

Unlimited Classes \$24 members and \$35 for non-members.

501-842-1016 www.Englandfitnesscenter.com

<i>Mondays</i>	<i>Tuesdays</i>	<i>Wednesdays</i>	<i>Thursdays</i>
<p><i>July</i> 2,9,16,23,30 <i>Terri on 2nd of July only</i></p>	<p><i>July</i> 3,10,17,24,31</p>	<p><i>July</i> 11,18,25 <i>No Classes on the 4th</i></p>	<p><i>July</i> 12,19,26 <i>No Classes on 5th</i></p>
<p>Video Classes No instructor except on 7-2-18. Silver Sneakers CIRCUIT at 9am YOGA at 10am</p> <p>WEIGHT WATCHERS 5:30 Weigh In and Sign up 6pm Meeting starts</p>	<p>9am: Silver Sneakers CLASSIC Strengthen Muscle, Gain Flexibility Instructor: Terri Butler</p> <p>10 am: Silver Sneakers SPLASH WATER AEROBICS Instructor: Terri Butler</p>	<p>9am: Silver Sneakers CIRCUIT Heart Healthy Class Instructor: Terri Butler</p> <p>10am Silver Sneakers Chair Yoga Instructor: Terri Butler</p>	<p>9am: Silver Sneakers CLASSIC Strengthen Muscle, Gain Flexibility Instructor: Terri Butler</p> <p>10 am: Silver Sneakers SPLASH WATER AEROBICS Instructor: Terri Butler</p>

July 17th: 1:30 pm- Hometown Health Coalition Meeting- Public Welcome to attend.

July 17th: 3:30 to 6 pm- Arkansas Blood Institute BLOOD DRIVE! DONATE PLEASE!

T-shirt and Zoo pass free to participants. Register online at arkbi.org

July 19th- UAMS Mamovan- MUST PRE-REGISTER at 1-800-259-8794- Must have appointment.