

Midvale Late Afternoon/Evening Schedule

August 2017 4:00 p.m.—8:00 p.m.

Tuesday	Thursday
<p>1 2:00—6:20 Indoor Pickle Ball (Group Exercise Room) 4:00—7:45 Gym (60 & Older Only) 4:00—7:45 Billiards 6:00—7:00 Zumba Gold w/Micheal (Dining Room) 6:00—7:00 Line Dancing (Art Studio) 6:30—7:30 (CC) Yoga 7:00—8:00 Drums Alive (Dining Room)</p>	<p>3 2:45—5:45 Indoor Pickle Ball (Group Exercise Room) 4:00—7:45 Gym (60 & Older Only) 4:00—7:45 Billiards 6:30—7:00 (CC) Yoga 6:30—9 Lifting Hearts Support Group 7:00—8:00 Drums Alive (Dining Room)</p>
<p>8 2:00—6:20 Indoor Pickle Ball (Group Exercise Room) 4:00—7:45 Gym (60 & Older Only) 4:00—7:45 Billiards 6:00—7:00 Zumba Gold w/Micheal (Dining Room) 6:00—7:00 Line Dancing (Art Studio) 6:30—7:30 (CC) Yoga 7:00—8:00 Drums Alive (Dining Room)</p>	<p>10 2:45—5:45 Indoor Pickle Ball (Group Exercise Room) 4:00—7:45 Gym (60 & Older Only) 4:00—7:45 Billiards 6:30—7:30 (CC) Yoga 7:00—8:00 Drums Alive (Dining Room)</p>
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<p>29 2:00—6:20 Indoor Pickle Ball (Group Exercise Room) 4:00—7:45 Gym (60 & Older Only) 4:00—7:45 Billiards 6:00—7:00 Line Dancing (Art Studio) 6:00—7:00 Zumba Gold w/Micheal (Dining Room) 6:30—7:30 (CC) Yoga (Group Exercise Room) 7:00—8:00 Drums Alive (Dining Room)</p>	<p>*** (CC) stands for Community Classes. To enroll please visit www.canyondistrict.org or call 801-826-6689 for more information. <i>There is a fee for each community class.</i></p>