

Spinal Muscular  
Atrophy  
Month

2013

# August

Locations

Training Solutions Location  
St. Johns Military Academy  
Beaver Lake

ID=Indoors OD=Outdoors

**S M T W T F S**

<b>28</b>	<b>29</b> 8:00 AM Tai Chi ID 6:30 PM Cardio ID	<b>30</b> 7:00 AM Yoga ID	<b>31</b> 6:00 AM Bands ID 11:00 AM Paddle Board ID 5:30 PM Yoga ID 6:30 AM Strength ID	<b>1</b> 12:00 PM Bands ID 7:00 PM Lifting ID	<b>2</b>	<b>3</b> End of Session 5
<b>4</b>	<b>5</b> 8:00 AM Tai Chi ID 6:30 PM Cardio ID	<b>6</b> 7:00 AM Yoga ID	<b>7</b> 6:00 AM Bands ID 11:00 AM Paddle Board ID 5:30 PM Yoga ID 6:30 AM Strength ID	<b>8</b> 12:00 PM Bands ID 7:00 PM Lifting ID	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b> 8:00 AM Tai Chi ID 6:30 PM Cardio ID	<b>13</b> 7:00 AM Yoga ID	<b>14</b> 6:00 AM Bands ID 11:00 AM Paddle Board ID 5:30 PM Yoga ID 6:30 AM Strength ID	<b>15</b> 12:00 PM Bands ID 7:00 PM Lifting ID	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b> 8:00 AM Tai Chi ID 6:30 PM Cardio ID	<b>20</b> 7:00 AM Yoga ID	<b>21</b> 6:00 AM Bands ID 11:00 AM Paddle Board ID 5:30 PM Yoga ID 6:30 AM Strength ID	<b>22</b> 12:00 PM Bands ID 7:00 PM Lifting ID	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b> 8:00 AM Tai Chi ID 6:30 PM Cardio ID	<b>27</b> 7:00 AM Yoga ID	<b>28</b> 6:00 AM Bands ID 11:00 AM Paddle Board ID 5:30 PM Yoga ID 6:30 AM Strength ID	<b>29</b> 12:00 PM Bands ID 7:00 PM Lifting ID	<b>30</b>	<b>31</b>