



July 2023 – SDDC Senior Fitness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>8:00AM – 9:00AM</u>		<u>8:00AM – 9:00AM</u>		<u>7:30AM – 9:00AM</u>	1
2	3 Focus: <u>Coordination</u>	4 FOURTH OF JULY HOLIDAY No Program	5 Focus: <u>Tone with weights</u>	6	7 Focus: <u>Stretch and Circuit Training</u>	8
9	10 Focus: <u>Circuit Training</u>	11	12 Focus: <u>Tennis Skills</u>	13	14 Focus: <u>Stretch & Aerobics</u>	15
16	17 Focus: <u>Tone with weights</u>	18	19 Focus: <u>Tennis Skills</u>	20	21 Focus: <u>Stretch & Aerobics</u>	22
23	24 Focus: <u>Tone with weights</u>	25	26 Focus: <u>Tone with weights</u>	27	28 Focus: <u>Stretch and Circuit Training</u>	29
30	31 <u>End of July Celebration</u>					

All SDDC Classes are offered at The Sandra DeLuca Developmental Center, located at 4560 NW 4 Terrace, Miami, FL 33126
For More information, please call (305)960-4961