



August 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Longhaven Zoom Ageless Aerobic Dance 11am AZ Time/PST	2 Longhaven Zoom Ageless Aerobic Dance 11am AZ Time/PST	3 Tuesday Zoom Ageless Aerobic Dance 10:30am AZ Time/PST	4	5	6	7
8 Longhaven Zoom Ageless Aerobic Dance 11am AZ Time/PST	9 Longhaven Zoom Ageless Aerobic Dance 11am AZ Time/PST	10 Tuesday Zoom Ageless Aerobic Dance 10:30am AZ Time/PST	11	12	13	14
15	16 No Classes	17 No Classes	18	19	20	21
22 Longhaven Zoom Ageless Aerobic Dance 11am AZ Time/PST	23 Longhaven Zoom Ageless Aerobic Dance 11am AZ Time/PST	24 Tuesday Zoom Ageless Aerobic Dance 10:30am AZ Time/PST	25	26	27	28
29 Longhaven Zoom Ageless Aerobic Dance 11am AZ Time/PST	30 Longhaven Zoom Ageless Aerobic Dance 11am AZ Time/PST	31 Tuesday Zoom Ageless Aerobic Dance 10:30am AZ Time/PST				

"Tough Times
Don't Last...

...Tough People
Do"

Stay Safe!



KT

Desert photo by Eric Cosh
Quote by Robert Schuller

Ageless Aerobic Dance

310-266-0416

kt@agelessaerobicdance.com