<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>
|        | 1      | Open Swim: 12-2 and 5:30-8:30pm  
Fitness Walking: 12:10-1pm- meet in Kendall lobby | 2 | Open Swim: 12-2 and 5:30-8:30pm | 3 | Open Swim: 1:30-4pm |
| 4 Independence Day | 5 Open Swim: 12-2 and 5:30-8:30pm | 6 Open Swim: 12-2 and 5:30-8:30pm  
Circuit Strength Training: 12:10-1pm- Fitness Center | 7 Open Swim: 12-2 and 5:30-8:30pm  
DVD Workout: Tae Bo: 12:10-1pm- Fit Cnt mezzanine | 8 Open Swim: 12-2 and 5:30-8:30pm  
Meet and Run: 12:10-1pm- meet in Kendall lobby | 9 Open Swim: 12-2 and 5:30-8:30pm | 10 Open Swim: 1:30-4pm |
| 11 | 12 Open Swim: 12-2 and 5:30-8:30pm | 13 Open Swim: 12-2 and 5:30-8:30pm  
Circuit Strength Training: 12:10-1pm- Fitness Center | 14 Open Swim: 12-2 and 5:30-8:30pm  
DVD Workout: Yoga 12:10-1pm- Fit Cnt mezzanine | 15 Open Swim: 12-2 and 5:30-8:30pm  
Triathlon Challenge Sign-up: 12:10-1pm- meet in Fitness Center | 16 Open Swim: 12-2 and 5:30-8:30pm | 17 Open Swim: 1:30-4pm |
| 18 | 19 Open Swim: 12-2 and 3-8:30pm | 20 Open Swim: 12-2 and 3-8:30pm  
Circuit Strength Training: 12:10-1pm- Fitness Center | 21 Open Swim: 12-2 and 3-8:30pm  
DVD Workout: ‘Yoga Booty Ballet’ 12:10-1pm- Fit Cnt mezzanine | 22 Open Swim: 12-2 and 3-8:30pm  
Wallyball: 12:10-1pm- meet in Kendall lobby | 23 Open Swim: 12-2 and 3-8:30pm | 24 Open Swim: 1:30-4pm |
| 25 | 26 Open Swim: 12-2 and 3-8:30pm | 27 Open Swim: 12-2 and 3-8:30pm  
Circuit Strength Training: 12:10-1pm- Fitness Center | 28 Open Swim: 12-2 and 3-8:30pm  
DVD Workout: Pilates 12:10-1pm- Fit Cnt mezzanine | 29 Open Swim: 12-2 and 3-8:30pm  
USB Workout Tracking: 12:10-1pm- meet in Fitness Center | 30 Open Swim: 12-2 and 3-8:30pm | 31 Open Swim: 1:30-4pm |

Outdoor Track OneCard Accessible: Mon-Sun 6am-6pm (unless otherwise posted)  
Running Route maps are available at the Fitness Center  
Fitness Center Summer Hours: Monday-Friday 7am-9am and 12n-6pm
<table>
<thead>
<tr>
<th>Sunday</th>
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<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Open Swim: 1-3pm</td>
<td>2 Open Swim: 12-5pm</td>
<td>3 Open Swim: 12-5pm Circuit Strength Training: 12:10-1pm–Fitness Center</td>
<td>4 Open Swim: 12-5pm DVD Workout: Tae Bo 12:10pm- Fitness Center mezzanine</td>
<td>5 Open Swim: 12-5pm Meet and Swim: 12:10pm- meet at Kendall pool</td>
<td>6 Open Swim: 12-5pm</td>
<td>7 Open Swim: 1:30-5:30pm</td>
</tr>
<tr>
<td>8 Open Swim: 1-3pm</td>
<td>9 Open Swim: 12-5pm</td>
<td>10 Open Swim: 12-5pm Circuit Strength Training: 12:10-1pm–Fitness Center</td>
<td>11 Open Swim: 12-5pm DVD Workout: ‘Yoga Booty Ballet’ 12:10pm-Fit Cnt mezzanine</td>
<td>12 Open Swim: 12-5pm Fit Cnt &amp; Kendall Orientation: 12:10pm</td>
<td>13 Open Swim: 12-5pm</td>
<td>14 Open Swim: 2-4pm</td>
</tr>
<tr>
<td>15 *No Open Swim</td>
<td>16 Open Swim: 12-3pm Last week to swim for Triathlon Challenge</td>
<td>17 Open Swim: 12-3pm Circuit Strength Training: 12:10-1pm–Fitness Center</td>
<td>18 Open Swim: 12-3pm DVD Workout: Pilates 12:10pm- Fitness Center mezzanine</td>
<td>19 Last Summer Open Swim: 12-3pm</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24 Circuit Strength Training: 12:10-1pm–Fitness Center</td>
<td>25 DVD Workout: Tae Bo 12:10pm- Fitness Center mezzanine</td>
<td>26 Meet and Walk/Jog: 12:10pm- meet in Kendall lobby</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>29</td>
<td>30 Last week to bike and run for Triathlon Challenge!</td>
<td>31</td>
<td>9/1</td>
<td>9/2 Finish Line for Triathlon Challenge!</td>
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</tr>
</tbody>
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