

## July 2017

**Fort Carson - MASP On-Site Coordinators:**

Marc Cattapan | 916-230-3365

Leigh Ann Slinger | 720-883-3442

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
2		3		4		5		6		7		8	
		DONSA		Independence Day		Cycling Frisbee Golf Yoga Walking Strength & Conditioning Swimming		Positive Profiles Rodeo Frisbee Golf Walking Guitar Lessons		Cycling Standing Volleyball Badminton Yoga Walking Strength & Conditioning		Golf	
9		10		11		12		13		14		15	
Golf		Cycling Aquatic Exercise Strength & Conditioning Meditation 101 Archery		Frisbee Golf Standing Volleyball Tai Chi Walking Yoga		Cycling Frisbee Golf Yoga Walking Strength & Conditioning Swimming		Guitar Lessons Kayaking		Cycling Yoga Standing Volleyball Walking Badminton Strength & Conditioning			
16		17		18		19		20		21		22	
		Cycling Aquatic Exercise Strength & Conditioning Meditation 101 Archery		Frisbee Golf Standing Volleyball Tai Chi Walking Yoga Art Therapy Family Art Therapy		Cycling Frisbee Golf Yoga Walking Strength & Conditioning Swimming Point Man Bible Study		Frisbee Golf Standing Volleyball Walking Guitar Lessons		Cycling Yoga Standing Volleyball Frisbee Golf Badminton Walking Strength & Conditioning		Mountain Biking camp 0900-1400	
23		24		25		26		27		28		29	
Golf		Cycling Aquatic Exercise Strength & Conditioning Meditation 101 Archery		Frisbee Golf Standing Volleyball Tai Chi Walking Yoga Art Therapy Family Art Therapy		Cycling Frisbee Golf Yoga Walking Strength & Conditioning Swimming		Frisbee Golf Standing Volleyball Walking Guitar Lessons		<b>Org Day</b>		Golf	
30		31											
Golf		Cycling Aquatic Exercise Strength & Conditioning Meditation 101 Archery											