

July 2017

Fort Hood - MASP On-Site Coordinators:

Ken Robinson | 337-401-9277

Susan Wilson | 254-285-7831

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	DONSA	Independence Day	Healthy Walking Cycling - Beginners Dry Brushing Creative Arts Tai Chi Strength & Conditioning Stretch & Flexibility	Step Aerobics Aquatics Healthy Walking Air Guns Practice Cycling - Moderate Creative Arts Strength & Conditioning	Aquatics Horseback Riding Healthy Walking Creative Arts Cycling - Beginners Wood Burning 101 Strength & Conditioning Table Games	Creative Arts
9	10	11	12	13	14	15
	Kayaking on San Marcos River Step Aerobics Aquatics Healthy Walking Yoga Stress Management Discussion Strength & Conditioning or Track Stretch & Flexibility or Field Training	Aquatics Cycling - Moderate Healthy Walking Archery Creative Arts Spirituality Fly Tying with PHW Genealogy Search Strength & Conditioning	Healthy Walking Cycling - Beginners Dry Brushing Creative Arts Tai Chi Strength & Conditioning Stretch & Flexibility	Step Aerobics Aquatics Healthy Walking Air Guns Practice Cycling - Moderate Creative Arts Strength & Conditioning	Aquatics Horseback Riding Healthy Walking Creative Arts Cycling - Beginners Wood Burning 101 Strength & Conditioning Table Games	Creative Arts
16	17	18	19	20	21	22
	Kayaking on San Marcos River Step Aerobics Aquatics Healthy Walking Yoga Stress Management Discussion Strength & Conditioning or Track Stretch & Flexibility or Field Training	Aquatics Cycling - Moderate Healthy Walking Archery Creative Arts Spirituality Fly Tying with PHW Genealogy Search Strength & Conditioning	Healthy Walking Cycling - Beginners Dry Brushing Creative Arts Tai Chi Strength & Conditioning Stretch & Flexibility	Step Aerobics Aquatics Healthy Walking Air Guns Practice Cycling - Moderate Creative Arts Strength & Conditioning	Aquatics Horseback Riding Healthy Walking Creative Arts Cycling - Beginners Wood Burning 101 Strength & Conditioning Table Games	Creative Arts
23	24	25	26	27	28	29
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30	31					
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