

## July 2017

**Joint Base Lewis McChord - MASP On-Site Coordinator:**

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	DONSA	Independence Day	Aquatic Exercise Outdoor Cycling Power Stretch Positive Profiles - Pt 2 Air Rifle/Pistol Target Shooting Archery Glass Blowing - Advanced	Outdoor Cycling Lumbar Stabilization	Aquatic Exercise Spin Yoga	
9	10	11	12	13	14	15
	Aquatic Exercise Outdoor Cycling Power Stretch R2R Horse Program - Beginners	Yoga Spin TRX Outdoor Golf Lumbar Stabilization Glass Blowing - Beginners	Aquatic Exercise Outdoor Cycling Power Stretch Positive Profiles - Pt 2 Air Rifle/Pistol Target Shooting Archery Glass Blowing - Advanced	Outdoor Cycling Lumbar Stabilization	Aquatic Exercise Spin Yoga	
16	17	18	19	20	21	22
	Aquatic Exercise Outdoor Cycling Power Stretch R2R Horse Program - Beginners	Yoga Spin TRX Outdoor Golf Lumbar Stabilization Glass Blowing - Beginners	Aquatic Exercise Outdoor Cycling Power Stretch Positive Profiles - Pt 2 Air Rifle/Pistol Target Shooting Archery Glass Blowing - Advanced	Outdoor Cycling Lumbar Stabilization	Aquatic Exercise Spin Yoga	
23	24	25	26	27	28	29
	Aquatic Exercise Outdoor Cycling Power Stretch R2R Horse Program - Beginners	Yoga Spin TRX Outdoor Golf Lumbar Stabilization Glass Blowing - Beginners	Aquatic Exercise Outdoor Cycling Power Stretch Positive Profiles - Pt 2 Air Rifle/Pistol Target Shooting Archery Glass Blowing - Advanced	Outdoor Cycling Lumbar Stabilization	Aquatic Exercise Spin Yoga	
30	31					
	Aquatic Exercise Outdoor Cycling Power Stretch R2R Horse Program - Beginners					