

# Active Mature Adults Event Calendar

July 2018



*Get Fit for the Fourth and for Life at the MJCCA!*

Celebrate the fourth by getting fit with one of our many fitness programs and classes! Learn about some exciting upcoming programs under our featured section (below).

Not sure where to begin? Ask us how you can set up a **Quick Start Orientation!** We'll introduce you to a personal trainer who can provide a free physical assessment and start you on the road to a fitter and healthier life.

If you prefer a one-on-one workout, sign up for **Personal Training.** Our trainers will help you conquer your physical challenges and exceed your fitness goals, all at your own pace! Ask them about some of our current specials.

Enjoy the holiday and if you have any questions, let us know!



## Featured Upcoming Programs:

### **Stick With It!**

#### **Small Group Training**

Tuesdays and Thursdays  
6:30 – 7:15 am

Get fitter and healthier under the coaching of a professional trainer! This program includes two workout sessions and expert training on proper workout routines, nutrition and weight management.

**Visit [atlantajcc.org/stickwithit](http://atlantajcc.org/stickwithit) for prices and details.**

### **Beat the Heat Fitness Challenge!**

July 16-22  
Monday-Sunday, 5:30-10:00 am

Sign up for our Beat the Heat Fitness Challenge! Join a team and compete through various challenges to earn daily points & prizes. Open to members and the community!

**Visit [atlantajcc.org/beattheheat](http://atlantajcc.org/beattheheat) for prices and details.**

### **MJCCA Literary Book Club & Books for Breakfast**

July 9 at 7:00 pm  
July 24 at 10:30 am

Our book clubs are heating up this summer with intriguing July selections! Check out the calendar this month to see which book and club is the best fit, or get reading and join both!

**Visit [atlantajcc.org](http://atlantajcc.org) for prices and details.**

### **World of Coca-Cola Senior Mixer**

Wednesday, July 25  
10:00 am-2:00 pm

Join us for a refreshing mixer to learn about the history of this famous beverage and enjoy the many exhibits showcasing the Coca-Cola Company's impact on the world. Members: \$22  
Community: \$28

**Visit [atlantajcc.org/coketour](http://atlantajcc.org/coketour) for more details.**

Questions? Contact 678.812.4070 or [earl.finley@atlantajcc.org](mailto:earl.finley@atlantajcc.org)

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## July 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> <b>Super Sculpt</b> 10:15 am – 11:15 am  <b>Pickleball</b> 2:00 pm – 6:00 pm	<b>2</b> <b>Talking Heads @ Berman Commons</b> 10:30 am – 12:00 pm  <b>Pickleball</b> 4:00 pm – 6:00 pm	<b>3</b> <b>Stick With It! Small Group Training</b> 6:30 am – 7:15 am  <b>The Forum @ Berman Commons</b> 12:30 pm – 2:30 pm	<b>4 Independence Day</b> <b>Main Building Hours 8:00 am - 1:00 pm</b> <b>Outdoor Pool Hours 11:00 am - 8:00 pm</b>	<b>5</b> <b>Stick With It! Small Group Training</b> 6:30 am – 7:15 am  <b>Pickleball</b> 4:00 pm – 6:00 pm	<b>6</b> <b>SilverSneakers® CIRCUIT</b> 10:15 am – 11:15 pm  <b>Basic Aquatics</b> 12:15 pm – 1:15 pm	<b>7</b> <b>Pickleball</b> 2:00 pm – 6:00 pm
<b>8</b> <b>WaterFit w/ Betty</b> 9:00 am – 10:00 am  <b>Pickleball</b> 2:00 pm – 6:00 pm	<b>9</b> <b>Deep H2O Cardio</b> 6:30 pm – 7:30 pm  <b>MJCCA Literary Book Club: Pachinko</b> 7:00 pm – 9:00 pm	<b>10</b> <b>Les Mills Tone</b> 8:30 am – 9:30 am  <b>The Forum @ Berman Commons</b> 12:30 pm – 2:30 pm	<b>11</b> <b>Open Play Games</b> 10:00 am – 3:00 pm  <b>WaterFit w/ Marlene</b> 6:30pm – 7:30 pm	<b>12</b> <b>Knowledgewise @ Berman Commons: Supreme Court Decisions: What's Nu?</b> 10:30 am – 12:00 pm	<b>13</b> <b>Basic Aquatics</b> 12:15 pm – 1:15 pm  <b>SilverSneakers® CIRCUIT</b> 2:00 pm – 3:00 pm	<b>14</b> <b>Pickleball</b> 2:00 pm – 6:00 pm
<b>15</b> <b>Super Sculpt</b> 10:15 am – 11:15 am  <b>Pickleball</b> 2:00 pm – 6:00 pm	<b>16</b> <b>Beat the Heat Fitness Challenge! 5:30 am</b> <b>Talking Heads @ Berman Commons</b> 10:30 am – 12:00 pm	<b>17</b> <b>Beat the Heat Fitness Challenge! 5:30 am</b>  <b>The Forum @ Berman Commons</b> 12:30 pm – 2:30 pm	<b>18</b> <b>Beat the Heat Fitness Challenge! 5:30 am</b>  <b>WaterFit w/ Marlene</b> 6:30pm – 7:30 pm	<b>19</b> <b>Beat the Heat Fitness Challenge! 5:30 am</b>  <b>Pickleball</b> 4:00 pm – 6:00 pm	<b>20</b> <b>Beat the Heat Fitness Challenge! 5:30 am</b>  <b>Basic Aquatics</b> 12:15 pm – 1:15 pm	<b>21</b> <b>Beat the Heat Fitness Challenge! 5:30 am</b>  <b>Pickleball</b> 2:00 pm – 6:00 pm
<b>22</b> <b>Beat the Heat Fitness Challenge! 5:30 am</b>  <b>Pickleball</b> 2:00 pm – 6:00 pm	<b>23</b> <b>Open Play Games</b> 10:00 am – 3:00 pm  <b>Talking Heads @ Berman Commons</b> 10:30 am – 12:00 pm	<b>24</b> <b>Books for Breakfast Summer Series: My Grandmother Asked Me to Tell You She's Sorry</b> 10:30 am – 12:00 pm	<b>25</b> <b>World of Coca-Cola Senior Mixer</b> 10:00 am – 2:00 pm  <b>Pickleball</b> 4:00 pm – 6:00 pm	<b>26</b> <b>Knowledgewise @ Berman Commons: It's About Living!</b> 10:30 am – 12:00 pm	<b>27</b> <b>SilverSneakers® CLASSIC</b> 11:30 am– 12:30 pm  <b>Basic Aquatics</b> 12:15 pm – 1:15 pm	<b>28</b> <b>Pickleball</b> 2:00 pm – 6:00 pm
<b>29</b> <b>Super Sculpt</b> 10:15 am – 11:15 am  <b>Pickleball</b> 2:00 pm – 6:00 pm	<b>30</b> <b>Talking Heads @ Berman Commons</b> 10:30 am – 12:00 pm  <b>Pickleball</b> 4:00 pm – 6:00 pm	<b>31</b> <b>Low &amp; Light</b> 9:45 am – 10:45 am  <b>The Forum @ Berman Commons</b> 12:30 pm – 2:30 pm	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

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