

July 2018 – Jefferson Family Medicine Exercise Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:00am Walking Group 5:30pm Biking Group	3	4	5 4:30pm Walking Group	6 9:00am Walking Group	7
8	9 9:00am Walking Group 5:30pm Biking Group	10	11	12 4:30pm Walking Group	13 9:00am Walking Group	14
15	16 9:00am Walking Group 5:30pm Biking Group	17	18	19 4:30pm Walking Group	20 9:00am Walking Group	21
22	23 9:00am Walking Group 5:30pm Biking Group	24	25	26 4:30pm Walking Group	27 9:00am Walking Group	28
29	30 9:00am Walking Group 5:30pm Biking Group	31				

All exercise groups meet at Jefferson Family Medicine, 924 Jefferson Avenue, before they depart. All ages & skill levels welcome.

August 2018 – Jefferson Family Medicine Exercise Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 4:30pm Walking Group	3 9:00am Walking Group	4
5	6 9:00am Walking Group 5:30pm Biking Group	7	8	9 4:30pm Walking Group	10 9:00am Walking Group	11
12	13 9:00am Walking Group 5:30pm Biking Group	14	15	16 4:30pm Walking Group	17 9:00am Walking Group	18
19	20 9:00am Walking Group 5:30pm Biking Group	21	22	23 4:30pm Walking Group	24 9:00am Walking Group	25
26	27 9:00am Walking Group 5:30pm Biking Group	28	29	30 4:30pm Walking Group	31 9:00am Walking Group	

All exercise groups meet at Jefferson Family Medicine, 924 Jefferson Avenue, before they depart. All ages & skill levels welcome.