

July 2026

June 2026							July 2026							August 2026						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6				1	2	3	4							1
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29
														30	31					

vhbfitcal@gmail.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 3:00PM Low Impact Aerobics 4:00PM Adult - 3 vs 3 Basketball for Exercise	29 6:00PM Line Dancing- Greenville Memorial AME Zion Church 6:30PM Virtual Chair Aerobics with Faith CME	30 10:00AM Pickleball @ The Park Church 6:00PM Step, Strength Training, and Cardio Classes 6:15PM Line Dancing Fitness	1 10:00AM Strength Training & Aerobics @ The Park Church 5:00PM Food Ministry at Faith CME Church 6:00PM Aerobics - Greenville Memorial AME Zion Church 6:00PM Stretch Fusion 6:30PM Low Impact Aerobics	2 10:00AM Pickleball @ The Park Church (except 4th Thursdays) 6:00PM Community Adult Exercise - Moore's Sanctuary 6:00PM Dance Fit Cardio 6:00PM Shredded Abs - Greater Bethel AME Church 6:30PM Virtual Chair Aerobics with Faith CME	3 6:15PM Line Dancing Fitness	4
5 3:00PM Low Impact Aerobics 4:00PM Adult - 3 vs 3 Basketball for Exercise	6 6:00PM Line Dancing- Greenville Memorial AME Zion Church 6:30PM Virtual Chair Aerobics with Faith CME	7 10:00AM Pickleball @ The Park Church 6:00PM Step, Strength Training, and Cardio Classes 6:15PM Line Dancing Fitness	8 10:00AM Strength Training & Aerobics @ The Park Church 5:00PM Food Ministry at Faith CME Church 6:00PM Aerobics - Greenville Memorial AME Zion Church 6:00PM Stretch Fusion 6:30PM Low Impact Aerobics	9 10:00AM Pickleball @ The Park Church (except 4th Thursdays) 6:00PM Community Adult Exercise - Moore's Sanctuary 6:00PM Dance Fit Cardio 6:00PM Shredded Abs - Greater Bethel AME Church 6:30PM Virtual Chair Aerobics with Faith CME	10 6:15PM Line Dancing Fitness	11
12 3:00PM Low Impact Aerobics 4:00PM Adult - 3 vs 3 Basketball for Exercise	13 6:00PM Line Dancing- Greenville Memorial AME Zion Church 6:30PM Line Dancing - The Heights Ministry 6:30PM Virtual Chair Aerobics with Faith CME	14 10:00AM Pickleball @ The Park Church 6:00PM Step, Strength Training, and Cardio Classes 6:15PM Line Dancing Fitness	15 10:00AM Strength Training & Aerobics @ The Park Church 5:00PM Food Ministry at Faith CME Church 6:00PM Aerobics - Greenville Memorial AME Zion Church 6:00PM Stretch Fusion 6:30PM Low Impact Aerobics	16 10:00AM Pickleball @ The Park Church (except 4th Thursdays) 6:00PM Community Adult Exercise - Moore's Sanctuary 6:00PM Dance Fit Cardio 6:00PM Shredded Abs - Greater Bethel AME Church 6:30PM Virtual Chair Aerobics with Faith CME	17 6:15PM Line Dancing Fitness	18
19 3:00PM Low Impact Aerobics 4:00PM Adult - 3 vs 3 Basketball for Exercise	20 6:00PM Line Dancing- Greenville Memorial AME Zion Church 6:30PM Virtual Chair Aerobics with Faith CME	21 10:00AM Pickleball @ The Park Church 6:00PM Step, Strength Training, and Cardio Classes 6:15PM Line Dancing Fitness	22 10:00AM Strength Training & Aerobics @ The Park Church 5:00PM Food Ministry at Faith CME Church 6:00PM Aerobics - Greenville Memorial AME Zion Church 6:00PM Stretch Fusion 6:30PM Low Impact Aerobics	23 10:00AM Pickleball @ The Park Church (except 4th Thursdays) 6:00PM Dance Fit Cardio 6:00PM Shredded Abs - Greater Bethel AME Church 6:30PM Virtual Chair Aerobics with Faith CME	24 6:15PM Line Dancing Fitness	25 9:00AM Greenville Memorial AME Zion Walking Group 9:00AM Monthly Group Walk - Greenville Memorial AME Zion Church-Track
26 3:00PM Low Impact Aerobics 4:00PM Adult - 3 vs 3 Basketball for Exercise	27 6:00PM Line Dancing- Greenville Memorial AME Zion Church 6:30PM Virtual Chair Aerobics with Faith CME	28 10:00AM Pickleball @ The Park Church 6:00PM Step, Strength Training, and Cardio Classes 6:15PM Line Dancing Fitness	29 10:00AM Strength Training & Aerobics @ The Park Church 5:00PM Food Ministry at Faith CME Church 5:30PM Healthy Recipe Sharing - Greenville Memorial AME Zion Church 6:00PM Aerobics - Greenville Memorial AME Zion Church 6:00PM Stretch Fusion 6:30PM Low Impact Aerobics 7:00PM Healthy Recipe Sharing - Greenville Memorial AME Zion Church	30 10:00AM Pickleball @ The Park Church (except 4th Thursdays) 6:00PM Dance Fit Cardio 6:00PM Shredded Abs - Greater Bethel AME Church 6:30PM Virtual Chair Aerobics with Faith CME	31 6:15PM Line Dancing Fitness	1