



GAME ON!



NRPA'S PARK AND RECREATION MONTH - JULY 2019

SPONSORED BY **Greenfields Outdoor Fitness**
Promoting Wellness & Fighting Obesity One Community at a Time.

SUN	MON	TUE	WED	THU	FRI	SAT
KCRC - Kernersville Community Recreation Center SEC - Senior Enrichment Center FOJP - Fourth of July Park	1 Dance Class, 5:30pm @ KCRC Champions in Motion, 5:45pm @ KCRC	2 Tai Chi & QiGong, 8:30am @ SEC Music Movers, 4:30pm @ SEC	3	4 Happy 4th of July!!	5	6 Storytime in the Park, 10am @ FOJP
7 Junior Roller Derby, 2pm @ KCRC	8 Dance Class, 5:30pm @ KCRC Champions in Motion, 5:45pm @ KCRC Tennis Week 2 Camp, 9am @FOJP	9 Tai Chi & QiGong, 8:30am @ SEC Music Movers, 4:30pm @ SEC	10 Zumba, 6pm @ KCRC Beginner Acrylic Painting, 6pm @KCRC	11 Tai Chi & QiGong, 8:30am @ SEC Champions in Motion, 5:45pm @ KCRC	12	13 Zumba, 8:30am @ KCRC
14 Junior Roller Derby, 2pm @ KCRC	15 Dance Class, 5:30pm @ KCRC Champions in Motion, 5:45pm @ KCRC	16 Tai Chi & QiGong, 8:30am @ SEC Music Movers, 4:30pm @ SEC	17 Zumba, 6pm @ KCRC	18 Tai Chi & QiGong, 8:30am @ SEC Champions in Motion, 5:45pm @ KCRC	19 Movie in the Park Harmon Park	20 Heartsavers CRP & First Aid, 8:30am @ KCRC
21 Junior Roller Derby, 2pm @ KCRC Softball League Registration Ends	22 Dance Class, 5:30pm @ KCRC Champions in Motion, 5:45pm @ KCRC Tennis Week 2 Camp, 9am @FOJP	23 Tai Chi & QiGong, 8:30am @ SEC 6:00-8:00pm	24 Zumba, 6pm @ KCRC	25 Tai Chi & QiGong, 8:30am @ SEC Champions in Motion, 5:45pm @ KCRC	26	27
28 Junior Roller Derby, 2pm @ KCRC Soccer League Registration Ends	29 Dance Class, 5:30pm @ KCRC Champions in Motion, 5:45pm @ KCRC	30 Tai Chi & QiGong, 8:30am @ SEC	31 Zumba, 6pm @ KCRC	JULY 2019		