

July



The Ultimate Hand for Health

2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Women's Strength **Co-ed @Meet at McKinley Monument (bottom of steps)		1 5:30 AM - Rise30* 7:00 AM - Burn 30* 5:00 PM - America 250 Community Flag Crew	2 6:15 AM - Burn30* 5:30 PM - Strong30**	3 7:00 AM - Burn30*	4 HOLIDAY – No Classes 7:00 AM - Star, Strides & Sisterhood 5K
6 5:30 AM – Rise30* 7:00 AM – Burn30* 5:30 PM – The Canton Climb Walking Club**@	7 6:15 AM - Burn30* 5:30 PM - Strong30**	8 5:30 AM - Rise30* 7:00 AM - Burn 30*	9 6:15 AM - Burn30* 5:30 PM - Strong30**	10 7:00 AM - Burn 30*	11 8:00 AM - Circuit +TRX** 7:00 AM - Women's 6K Festival
13 5:30 AM – Rise30* 7:00 AM – Burn30* 5:30 PM – The Canton Climb Walking Club**@	14 6:15 AM - Burn30* 5:30 PM - Strong30**	15 5:30 AM - Rise30* 7:00 AM - Burn 30*	16 6:15 AM - Burn30* 5:30 PM - Strong30**	17 7:00 AM - Burn 30*	18 8:00 AM - Circuit +TRX**
20 5:30 AM – Rise30* 7:00 AM – Burn30* 5:30 PM – The Canton Climb Walking Club**@	21 6:15 AM - Burn30* 5:30 PM - Strong30**	22 5:30 AM - Rise30* 7:00 AM - Burn 30*	23 6:15 AM - Burn30* 5:30 PM - Strong30**	24 7:00 AM - Burn 30*	25 8:00 AM - Circuit +TRX**
27 5:30 AM – Rise30* 7:00 AM – Burn30* 5:30 PM – The Canton Climb Walking Club**@	28 6:15 AM - Burn30* 5:30 PM - Strong30**	29 5:30 AM - Rise30* 7:00 AM - Burn 30*	30 6:15 AM - Burn30* 5:30 PM - Strong30**	31 7:00 AM - Burn 30*	