




Health & Wellness

December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
4 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	5 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	6 9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:00pm Line Dancing 4:00pm Mindful Flow & Core	7 8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	8 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
11 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	12 9:30am Zumba Gold 10:30am Pilates 1:15pm Beginning Line Dancing 5:30pm Zumba	13 9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:00pm Line Dancing 4:00pm Mindful Flow & Core	14 8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	15 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
18 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	19 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	20 9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:00pm Line Dancing 4:00pm Mindful Flow & Core	21 8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	22 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
25 	26 CENTER CLOSED FOR THE HOLIDAY	27 CENTER CLOSED FOR THE HOLIDAY	28 CENTER CLOSED FOR THE HOLIDAY	29 CENTER CLOSED FOR THE HOLIDAY