




Health & Wellness

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p style="text-align: right;">1</p> <p>9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga</p>	<p style="text-align: right;">2</p> <p>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</p>	<p style="text-align: right;">3</p> <p>9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>
<p style="text-align: right;">6</p> <p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga</p>	<p style="text-align: right;">7</p> <p>9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p>	<p style="text-align: right;">8</p> <p>9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga</p>	<p style="text-align: right;">9</p> <p>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</p>	<p style="text-align: right;">10</p> <p>9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>
<p style="text-align: right;">13</p> <p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga</p>	<p style="text-align: right;">14</p> <p>9:30am Zumba Gold 10:30am Pilates 1:15pm Beginning Line Dancing 5:30pm Zumba</p>	<p style="text-align: right;">15</p> <p>9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga</p>	<p style="text-align: right;">16</p> <p>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</p>	<p style="text-align: right;">17</p> <p>9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>
<p style="text-align: right;">20</p> <p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga</p>	<p style="text-align: right;">21</p> <p>9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p>	<p style="text-align: center;">22</p> <p style="text-align: center;">CENTER CLOSED FOR THE HOLIDAY</p>	<p style="text-align: right;">23</p> <p style="text-align: center;">  HAPPY THANKSGIVING </p>	<p style="text-align: right;">24</p> <p style="text-align: center;">CENTER CLOSED FOR THE HOLIDAY</p>
<p style="text-align: right;">27</p> <p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga</p>	<p style="text-align: right;">28</p> <p>9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p>	<p style="text-align: right;">29</p> <p>9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga</p>	<p style="text-align: right;">30</p> <p>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</p>	