



November Health and Fitness



Monday	Tuesday	Wednesday	Thursday	Friday
3 8:30a Easy Pace (Renee) 10:00a Line Dancing (Renee) 11:00a Active Aging Strength (Maryann) 12:15p Balance & Strength* (Sandra) 1:30p Balance & Strength* (Sandra) 4:00p Yoga (Tania) 5:30p Clogging (Lorraine)	4 9:30a Zumba Gold (Adaia) 10:30a DrumFit (Diana) 1:00p Beginning Line Dancing (Dottie) 2:30p Pilates (Meleah) 5:30p Zumba (Sandra)	5 9:00a Zumba Gold Toning (Adaia) 10:00a Active Aging Strength (Sissy) 11:15a Balance & Strength* (Sandra) 12:30p Balance & Strength* (Sandra) 2:30p Line Dancing (Dottie) 3:45p Mindful Flow & Core (Diana)	6 8:30a Easy Pace (Renee) 9:30a Zumba Gold (Adaia) 10:45a Chair Yoga (Sandra) 12:00p Balance & Strength* (Sandra) 2:30p Pilates (Meleah) 4:00p Restorative Yoga (Myrna) 5:30p Zumba (Sandra)	7 8:15a Self-Defense (Diana) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
10 8:30a Easy Pace (Renee) 10:00a Line Dancing (Renee) 11:00a Active Aging Strength (Maryann) 12:15p Balance & Strength* (Sandra) 1:30p Balance & Strength* (Sandra) 4:00p Yoga (Tania) 5:30p Clogging (Lorraine)	11 9:30a Zumba Gold (Adaia) 10:30a DrumFit (Diana) 1:00p Beginning Line Dancing (Dottie) 2:30p Pilates (Meleah) 5:30p Zumba (Sandra)	12 9:00a Zumba Gold Toning (Adaia) 10:00a Active Aging Strength (Sissy) 11:15a Balance & Strength* (Sandra) 12:30p Balance & Strength* (Sandra) 2:30p Line Dancing (Dottie) 3:45p Mindful Flow & Core (Diana)	13 8:30a Easy Pace (Renee) 9:30a Zumba Gold (Adaia) 10:45a Chair Yoga (Sandra) 12:00p Balance & Strength* (Sandra) 2:30p Pilates (Meleah) 4:00p Restorative Yoga (Myrna) 5:30p Zumba (Sandra)	14 8:15a Self-Defense (Diana) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
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