



November Health and Fitness



Monday	Tuesday	Wednesday	Thursday	Friday
2 8:30a Easy Pace (Renee) 10:00a Adv. 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 Beginning from Scratch Clogging 6:00p Clogging (Loraine)	3 9:30a Zumba Gold (Adaia) 10:45a DrumFit (Sandra) 1:00p Beg. Line Dancing (Dottie) 2:30p Pilates (Meleah) 3:45p Active Aging Strength (MaryAnn) 5:00p Zumba (Sandra)	4 9:00a Zumba Gold Toning (Adaia) 10:00a Active Aging Strength (Sissy) 11:15a Balance & Strength* (Sandra) 12:30p Balance & Strength* (Sandra) 1:30p Tai Chi (Sandra) 2:30p Int. Line Dancing (Dottie) 3:45p Mindful Flow & Core (MaryAnn)	5 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) 5:15p Zumba (Sandra)	6 8:15a Healthy Heart Cardio Lean (MaryAnn) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
9 8:30a Easy Pace (Renee) 10:00a Adv. 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 Beginning from Scratch Clogging 6:00p Clogging (Loraine)	10 9:30a Zumba Gold (Adaia) 10:45a DrumFit (Sandra) 1:00p Beg. Line Dancing (Dottie) 2:30p Pilates (Meleah) 3:45p Active Aging Strength (MaryAnn) 5:00p Zumba (Sandra)	11 9:00a Zumba Gold Toning (Adaia) 10:00a Active Aging Strength (Sissy) 11:15a Balance & Strength* (Sandra) 12:30p Balance & Strength* (Sandra) 1:30p Tai Chi (Sandra) 2:30p Int. Line Dancing (Dottie) 3:45p Mindful Flow & Core (MaryAnn)	12 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) 5:15p Zumba (Sandra)	13 8:15a Healthy Heart Cardio Lean (MaryAnn) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
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