






Health & Fitness

October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><i>*Class is FREE for all BSBAC members</i></p>	<p>1</p> <p>8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p>	<p>2</p> <p>9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:15am Balance & Strength* 12:30pm Balance & Strength* 2:30pm Line Dancing 3:45pm Mindful Flow & Core</p>	<p>3</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>4</p> <p>9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>
<p>7</p> <p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga</p>	<p>8</p> <p>8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p>	<p>9</p> <p>9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:15am Balance & Strength* 12:30pm Balance & Strength* 2:30pm Line Dancing 3:45pm Mindful Flow & Core</p>	<p>10</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>11</p> <p>9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>
<p>14</p> <p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga</p>	<p>15</p> <p>8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p>	<p>16</p> <p>9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:15am Balance & Strength* 12:30pm Balance & Strength* 2:30pm Line Dancing 3:45pm Mindful Flow & Core</p>	<p>17</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>18</p> <p>9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>
<p>21</p> <p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga</p>	<p>22</p> <p>8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p>	<p>23</p> <p>9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:15am Balance & Strength* 12:30pm Balance & Strength* 2:30pm Line Dancing 3:45pm Mindful Flow & Core</p>	<p>24</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>25</p> <p>9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>
<p>28</p> <p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga</p>	<p>29</p> <p>8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p>	<p>30</p> <p>9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:15am Balance & Strength* 12:30pm Balance & Strength* 2:30pm Line Dancing 3:45pm Mindful Flow & Core</p>	<p>31</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>HAPPY HALLOWEEN</p>