




Health & Fitness

September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
	8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	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	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	9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*
9	10	11	12	13
8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	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	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	9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*
16	17	18	19	20
8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	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	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	9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*
23	24	25	26	27
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