DECEMBER 2016 – Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	The Senior Center Staff wishes everyone a healthy and happy holiday season!	********** **No LIVE morning Fitness Classes from Monday, December 19, 2016 – Monday, January 1, 2017. LIVE classes resume Wednesday, January 4, 2017**	**1** 8:30 – 4:15–GYM OPEN 8:30 – 4:15–PING PONG 9:15 – $ TAI CHI 10:30 – $YOGA 1:45 – $GET FIT WITH LIZ	**2** 8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 9:15 – $ ADVANCED FITNESS 10:15 – $ INTER/BEG FITNESS 11:15 – $ SITTERSIZE 1:15–$ ZUMBA 2:30 – 4:15–OPEN BALLROOM DANCE
5 8:30 – 4:15 –GYM OPEN 8:30 – 10:00– PING PONG 9:15 – $ADVANCED FITNESS **10:00 to 12:00–PERSONAL TRAINING, Weight Rm** 10:15 – $INTER/BEG FITNESS **10:45 – DEALING WITH DIZZINESS & VERTIGO - PHC** 11:15 – $ SITTERSIZE 12:00 – 4:15 – PING PONG 12:30 – BODY GYM CLASS 1:45 – $ B.E.S.T with Liz 3:00 – OPEN BALLROOM DANCE	**6** 8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – $ PILATES 10:30 – $ CHAIR YOGA 1:15 –$ TAP WITH ROBIN 2:30 – 4:15 – BADMINTON	**7** 8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – VIDEO FITNESS 10:15 – VIDEO FITNESS 12:30 – $ SCULPTING WITH WEIGHTS 2:00 – 4:15 – BADMINTON	**8** 8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 9:15 – $ TAI CHI 10:30 – $YOGA 1:45 – $GET FIT WITH LIZ	**9** 8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 9:15 – $ ADVANCED FITNESS 10:15 – $ INTER/BEG FITNESS 11:15 – $ SITTERSIZE 1:15–$ ZUMBA 2:30 – 4:15–OPEN BALLROOM DANCE
12 8:30 – 4:15 –GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – $ADVANCED FITNESS 10:15 – $INTER/BEG FITNESS 11:15 – $ SITTERSIZE 12:30 – BODY GYM CLASS 1:45 – $ B.E.S.T with Liz 3:00 – OPEN BALLROOM DANCE	**13** 8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 10:30 – $ CHAIR YOGA 1:15 –$ TAP WITH ROBIN 2:30 – 4:15 – BADMINTON	**14** 8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – VIDEO FITNESS 10:15 – VIDEO FITNESS 12:30 – $ SCULPTING WITH WEIGHTS 2:00 – 4:15–BADMINTON	**15** 8:30 – 4:15 GYM OPEN 8:30 – 12:00 – PING PONG 9:15 – $ TAI CHI 10:30 – $YOGA **12:30 – HYPERTENSION, PHC** 1:45 – 4:15 – PING PONG	**16** 8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 9:15 – $ ADVANCED FITNESS 10:15 – $ INTER/BEG FITNESS 11:15 – $ SITTERSIZE 1:15 –$ ZUMBA 2:30 – 4:15–OPEN BALLROOM DANCE
19 8:30 – 4:15 –GYM OPEN 8:30 – 4:15 – PING PONG **9:15 – VIDEO FITNESS (No Maryanne)** **10:00 to 12:00–PERSONAL TRAINING, Weight Rm** **10:15 – VIDEO FITNESS (no Maryanne)** 12:30 – BODY GYM CLASS 1:45 – $ B.E.S.T with Liz 3:00 – OPEN BALLROOM DANCE	**20** 8:30 – 4:15 – GYM OPEN 8:30 – 10:00 – PING PONG **10:00- PHC-BLOOD PRESSURE CHECK** 10:30 – $ CHAIR YOGA 1:15 –$ TAP WITH ROBIN 2:30 – 4:15 – BADMINTON	**21** 8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15–VIDEO FITNESS 10:15 – VIDEO FITNESS 12:30 – $ SCULPTING WITH WEIGHTS 2:00 – 4:15 – BADMINTON	**22** 8:30 – 4:15 GYM OPEN 8:30 – 4:15 – PING PONG 10:30 – $YOGA 12:00 – 4:30 – OPEN BALLROOM DANCE	**23** 8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG **9:15 – VIDEO FITNESS (No Maryanne)** **10:15 – VIDEO FITNESS (No Maryanne)** 12:30 – 4:15–OPEN BALLROOM DANCE
CLOSED – Holiday **26** 	**27** 8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 8:30 – 4:15 – BADMINTON	**28** 8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – VIDEO FITNESS 10:15 – VIDEO FITNESS 12:00 – 4:15–BADMINTON	**29** 8:30 – 4:15 GYM OPEN 8:30 – 4:15 – PING PONG	**30** 8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG **9:15 – VIDEO FITNESS (No Maryanne)** **10:15 – VIDEO FITNESS (No Maryanne)** 12:30 – 4:15–OPEN BALLROOM DANCE