

November 2018 – Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Gym Open Daily 8:30am – 4:15pm MUST: * HAVE MEDICALS ON FILE * WEAR PROPER ATTIRE * HAVE BEEN TRAINED</p>	<p><i>Welcome</i> November</p> 	<p>Don't get locked out of your favorite fitness classes... CHECK YOUR CLASS LIST FOR THE SIGN UP</p> <p>DEADLINE</p>	<p>8:30 – 4:15 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 1:45 \$ GET FIT</p> 	<p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:15 \$ YOGASIZE 1:15 \$ ZUMBA 2:30 BADMINTON</p> 
<p>9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 10:00-12:00-PERSONAL TRAINING, Weight Rm 11:15 \$ SITTERSIZE 12:30 BODY GYM, NEW SESSION 12:30 PHC LECTURE- STOP THE BLEED 1:30 – 4:15 PING PONG 1:45 \$ B.E.S.T</p>	<p>Senior Center Closed</p> <p>ELECTION DAY</p> 	<p>8:30-4:15 PING PONG 9:15 VIDEO FITNESS 10:30 NOW & ZEN 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON</p>	<p>9:15 \$ TAI CHI 10:30 PHC LECTURE- MANAGING DIABETES 10:30 \$ YOGA 12:00 – 4:15 PING PONG 1:45 \$ GET FIT</p>	<p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:15 \$ YOGASIZE 1:15 \$ ZUMBA, NEW SESSION 2:30 BADMINTON</p>
<p>Senior Center Closed</p> <p>Veterans Day</p> 	<p>8:30-4:30 PING PONG 9:15 \$ PILATES 12:30 \$ AGELESS GRACE, NEW SESSION 1:30 TAP DANCE, NEW SESSION 1:45-4:15 BADMINTON</p>	<p>LIVE FITNESS</p> <p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 10:30 NO NOW & ZEN 11:15 \$ SITTERSIZE 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON</p>	<p>9:15 \$ TAI CHI 10:30 \$ YOGA 1:15 – 4:15 PING PONG 1:45 \$ GET FIT</p> 	<p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:15 \$ YOGASIZE 1:15 \$ ZUMBA 2:30 BADMINTON</p>
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JOIN A CLASS!

MUST HAVE MEDICALS ON FILE BEFORE ENROLLING



Gym Open Daily

8:30am – 4:15pm

MUST HAVE MEDICALS

ON FILE AND BEEN TRAINED BEFORE USING GYM

Don't get locked out of your favorite fitness classes...

CHECK YOUR CLASS LIST

FOR THE SIGN UP

DEADLINE

