

# NOVEMBER 2019 – Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Gym Open Daily</b> 8:30am – 4:15pm <b>MEDICALS MUST BE ON FILE, UPDATED EVERY 2 YEARS &amp; BEEN TRAINED BEFORE USING GYM</b>		<b>TURN CLOCKS BACK 1 HOUR SUNDAY NOVEMBER 3<sup>RD</sup></b>	8:30-4:15 PING PONG <b>1</b> 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE <b>12:15 \$ YOGASIZE, NEW SESSION</b> <b>1:15 \$ ZUMBA, NEW SESSION</b> 2:30 BADMINTON/ SHUFFLEBOARD TABLE
8:30- 4:15 PING PONG <b>4</b> 9:15 \$ ADVANCED FITNESS <b>10:00-12:00–PERSONAL TRAINING</b> 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 \$ BOLLYX <b>1:45 \$ B.E.S.T, NEW SESSION</b> 	<b>Senior Center Closed 5</b> 	8:30–4:15 PING PONG <b>6</b> <b>9:15 \$ POUND, NEW SESSION</b>  10:30 NOW & ZEN <b>12:30 \$ SCULPTING W/ WEIGHTS, NEW SESSION</b> 1:45 BADMINTON/ SHUFFLEBOARD TABLE	8:30 – 4:15 PING PONG <b>7</b> 9:15 \$ TAI CHI 10:30 \$ YOGA 12:30 VIDEO FITNESS 1:45 \$ GET FIT 	8:30–4:15 PING PONG <b>8</b> 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:15 \$ YOGASIZE 1:15 \$ ZUMBA 2:30 BADMINTON/ SHUFFLEBOARD TABLE
<b>Senior Center Closed 11</b> 	9:15 \$ PILATES <b>12</b> <b>10:30 \$ CHAIR YOGA, NEW SESSION</b> 12:30–4:30 PING PONG <b>12:30 \$ AGELESS GRACE, NEW SESSION</b> <b>1:30 \$ TAP DANCE, NEW SESSION</b> 2:45 BADMINTON/ SHUFFLEBOARD TABLE	<b>LIVE FITNESS 13</b> 8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 9:15 \$ NO POUND 10:15 \$ INTER/BEG FITNESS 10:30 NO NOW & ZEN 11:15 \$ SITTERSIZE 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON/ SHUFFLEBOARD TABLE	<b>14</b> <b>9:15 \$ TAI CHI, NEW SESSION</b> <b>10:30 PHC LECTURE- 5 WISHES</b> <b>10:30 \$ YOGA, NEW SESSION</b> 12:30 VIDEO FITNESS 1:30 – 4:15 PING PONG 1:45 \$ GET FIT	<b>15</b> 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/ SHUFFLEBOARD TABLE 
8:30 – 4:15 PING PONG <b>18</b> 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE <b>11:30-1:30–PERSONAL TRAINING</b> 12:30 \$ BOLLYX 1:45 \$ B.E.S.T 	8:30–4:30 PING PONG <b>19</b> 9:15 \$ PILATES <b>10:00–12:00 FREE BLOOD PRESSURE</b> 10:30 \$ CHAIR YOGA 12:30 \$ AGELESS GRACE 1:30 \$ TAP DANCE 2:45 BADMINTON/ SHUFFLEBOARD TABLE 	8:30–4:15 PING PONG <b>20</b> 9:15 \$ POUND 10:30 NOW & ZEN 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON/ SHUFFLEBOARD TABLE 	8:30 – 4:15 PING PONG <b>21</b> 9:15 \$ TAI CHI 10:30 \$ YOGA 12:30 VIDEO FITNESS 1:45 \$ GET FIT 	8:30–4:15 PING PONG <b>22</b> 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:15 \$ YOGASIZE 1:15 \$ ZUMBA 2:30 BADMINTON/ SHUFFLEBOARD TABLE
8:30 – 4:15 PING PONG <b>25</b> 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 \$ BOLLYX 1:45 \$ B.E.S.T	8:30–4:30 PING PONG <b>26</b> 9:15 \$ PILATES 10:30 \$ CHAIR YOGA 12:30 \$ AGELESS GRACE 1:30 \$ TAP DANCE 2:45 BADMINTON/ SHUFFLEBOARD TABLE 	8:30–4:15 PING PONG <b>27</b> 9:15 \$ NO POUND 10:30 NO NOW & ZEN 10:30 – 4:15 BADMINTON/ SHUFFLEBOARD TABLE 12:30 \$ NO SCULPTING W/ WEIGHTS	<b>Senior Center Closed 28</b> 	<b>Senior Center Closed 29</b>  Toasted, Roasted, Baked and DONE! Hope your Thanksgiving was loads of fun!