

October 2017 – Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30–4:15 GYM OPEN</p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>10:00-12:00–PERSONAL TRAINING, Weight Rm</p> <p>11:15 \$ SITTERSIZE</p> <p>12:30 BODY GYM CLASS</p> <p>12:30 PHC LECTURE-SCREENING SAVVY, Wc</p> <p>1:30 – 4:15 PING PONG</p> <p>1:45 \$ B.E.S.T</p> <p style="text-align: right;">2</p> 	<p>8:30–4:15 GYM OPEN</p> <p>8:30–4:15 PING PONG</p> <p>9:15 \$ PILATES</p> <p>10:30 \$ CHAIR YOGA</p> <p>12:30 \$ AGELESS GRACE FITNESS</p> <p>1:30 \$ TAP DANCE</p> <p>2:45–4:15 BADMINTON</p> <p style="text-align: right;">3</p>	<p>8:30–4:15 GYM OPEN</p> <p>8:30–4:15 PING PONG</p> <p>9:15 VIDEO FITNESS</p> <p>10:30 NOW & ZEN</p> <p>12:30 \$ SCULPTING W/ WEIGHTS</p> <p>2:00–4:15 BADMINTON</p> <p style="text-align: right;">4</p> 	<p>8:30– 4:15 GYM OPEN</p> <p>8:30–4:15 PING PONG</p> <p>9:00-12:30-\$ PHC-AARP DRIVING</p> <p>10:30 \$ YOGA</p> <p>1:45 \$ GET FIT</p> <p style="text-align: right;">5</p>	<p>8:30-4:15 GYM OPEN</p> <p>8:30-4:15 PING PONG</p> <p>9:00-12:30-\$ PHC-AARP DRIVING</p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERSIZE</p> <p>12:15 DEMO - YOGASIZE W/ UMA</p> <p>1:15 \$ ZUMBA</p> <p style="text-align: right;">6</p> 
<p style="text-align: center;">9</p>  <p style="text-align: center;">WE ARE CLOSED</p>	<p>8:30–4:15 GYM OPEN</p> <p>9:15 \$ PILATES</p> <p>9:00-1:30-PHC FLU SHOTS</p> <p>10:30 \$ CHAIR YOGA</p> <p>12:30 \$ AGELESS GRACE FITNESS</p> <p>1:30 \$ TAP DANCE</p> <p>2:00-4:15 PING PONG</p> <p>2:45–4:15 BADMINTON</p> <p style="text-align: right;">10</p> 	<p>LIVE FITNESS</p> <p>8:30–4:15 GYM OPEN</p> <p>8:30–4:15 PING PONG</p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>10:30 NO NOW & ZEN</p> <p>11:15 \$ SITTCRIZE</p> <p>12:30 \$ SCULPTING W/ WEIGHTS</p> <p>2:00–4:15 BADMINTON</p> <p style="text-align: right;">11</p>	<p>8:30–4:15 GYM OPEN</p> <p>12:30-4:15 PING PONG</p> <p>10:30 \$ YOGA</p> <p>10:45 PHC ALLERGIES & ASTHMA</p> <p>1:30–4:15 PING PONG</p> <p>1:45 \$ GET FIT, NEW SESSION</p> <p style="text-align: right;">12</p> 	<p>8:30–4:15 GYM OPEN</p> <p>8:30–4:15 PING PONG</p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERSIZE</p> <p>1:15 \$ ZUMBA</p> <p style="text-align: right;">13</p>
<p>8:30–4:15 GYM OPEN</p> <p>8:30–4:15 PING PONG</p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERSIZE</p> <p>11:30-1:30–PERSONAL TRAINING, Weight Rm</p> <p>12:30 BODY GYM CLASS</p> <p>1:45 \$ B.E.S.T – NEW SESSION</p> <p style="text-align: right;">16</p> 	<p>8:30–4:15 GYM OPEN</p> <p>9:15 \$ PILATES</p> <p>10:00–12:00 PHC-BLOOD PRESSURE CHECK</p> <p>10:30 \$ CHAIR YOGA</p> <p>12:30 \$ AGELESS GRACE FITNESS</p> <p>12:30-4:15 PING PONG</p> <p>1:30 \$ TAP DANCE</p> <p>2:45–4:15 BADMINTON</p> <p style="text-align: right;">17</p>	<p>8:30–4:15 GYM OPEN</p> <p>8:30–4:15 PING PONG</p> <p>9:15 VIDEO FITNESS</p> <p>10:30 NOW & ZEN</p> <p>12:30 \$ SCULPTING W/ WEIGHTS</p> <p>2:00–4:15 BADMINTON</p> <p style="text-align: right;">18</p> 	<p>8:30 – 4:15 GYM OPEN</p> <p>9:15 \$ TAI CHI, NEW SESSION</p> <p>10:00-1:00 VISION SCREENING</p> <p>10:30 \$ YOGA</p> <p>1:30 – 4:15 PING PONG</p> <p>1:45 \$ GET FIT</p> <p style="text-align: right;">19</p> 	<p>8:30–4:15 GYM OPEN</p> <p>8:30–4:15 PING PONG</p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERSIZE</p> <p>12:15 \$ NEW -YOGASIZE, SESSION BEGINS</p> <p>1:15 \$ ZUMBA</p> <p style="text-align: right;">20</p>
<p>8:30–4:15 GYM OPEN</p> <p>8:30–4:15 PING PONG</p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERSIZE</p> <p>12:30 BODY GYM CLASS</p> <p>1:45 \$ B.E.S.T</p> <p style="text-align: right;">23</p> 	<p>8:30–4:15 GYM OPEN</p> <p>8:30–4:30 PING PONG</p> <p>9:15 \$ PILATES, NEW SESSION</p> <p>10:30 \$ CHAIR YOGA</p> <p>12:30 \$ AGELESS GRACE FITNESS</p> <p>1:30 \$ TAP DANCE</p> <p>2:45–4:15 BADMINTON</p> <p style="text-align: right;">24</p>	<p>8:3–4:15 GYM OPEN</p> <p>8:30–4:15 PING PONG</p> <p>9:15 VIDEO FITNESS</p> <p>10:30 NOW & ZEN</p> <p>12:30 \$ SCULPTING W/ WEIGHTS, NEW SESSION</p> <p>2:00–4:15 BADMINTON</p> <p style="text-align: right;">25</p>	<p>8:30–4:15 GYM OPEN</p> <p>8:30–4:15 – PING PONG</p> <p>9:15 \$ TAI CHI</p> <p>10:30 \$ YOGA , NEW SESSION</p> <p>1:45 \$ GET FIT</p> <p style="text-align: right;">26</p> 	<p>8:30–4:15 GYM OPEN</p> <p>8:30–4:15 PING PONG</p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERSIZE</p> <p>12:15 YOGASIZE</p> <p>1:15 \$ ZUMBA</p> <p style="text-align: right;">27</p> 
<p>8:30–4:15 GYM OPEN</p> <p>8:30–4:15 PING PONG</p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERSIZE</p> <p>12:30 NO BODY GYM CLASS</p> <p>1:45 \$ B.E.S.T</p> <p style="text-align: right;">30</p>	<p>8:30–4:15 GYM OPEN</p> <p>8:30–4:30 PING PONG</p> <p>9:15 \$ PILATES</p> <p>10:30 \$ CHAIR YOGA, NEW SESSION</p> <p>12:30 \$ AGELESS GRACE FITNESS</p> <p>1:30 \$ TAP DANCE, NEW SESSION</p> <p>2:45–4:15 BADMINTON</p> <p style="text-align: right;">31</p> 		<p style="text-align: center;">Join Uma For A FREE Yogasize DEMO Friday, October 6th 12:15pm. All from chair. Then sign up for 7 week session - \$17</p>	<p style="text-align: center;">Active Adults Get Results Join A Class Today!!</p>

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the moment
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