












# October 2018 – Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>9:15 \$ ADVANCED FITNESS            10:15 \$ INTER/BEG FITNESS  <b>10:00-12:00-PERSONAL TRAINING, Weight Rm</b>            11:15 \$ SITTERSIZE            12:30 BODY GYM   <b>12:30 PHC LECTURE- Osteoporosis</b>            1:30 – 4:15 PING PONG            1:45 \$ B.E.S.T</p>	<p><b>2</b></p> <p>8:30–4:15 PING PONG            9:15 \$ PILATES            12:30 \$ AGELESS GRACE            1:45–4:15 BADMINTON</p> 	<p><b>3</b></p> <p>8:30–4:15 PING PONG            9:15 \$ ADVANCED FITNESS            10:15 \$ INTER/BEG FITNESS  <b>10:30 NOW &amp; ZEN, NEW SESSION</b>            11:15 \$ SITTERSIZE            12:30 \$ SCULPTING W/ WEIGHTS            1:45 BADMINTON</p>	<p><b>4</b></p> <p>8:30 – 4:15 PING PONG            9:15 \$ <b>NO</b> TAI CHI            10:30 \$ YOGA            12:30 \$ POUND            1:45 \$ GET FIT</p> 	<p><b>5</b></p> <p>8:30-4:15 PING PONG            9:15 \$ ADVANCED FITNESS            10:15 \$ INTER/BEG FITNESS            11:15 \$ SITTERSIZE            12:15 \$ YOGASIZE            1:30 BADMINTON</p>
<p><b>Senior Center Closed</b> <b>8</b></p> 	<p><b>9</b></p> <p>8:30–4:15 PING PONG            9:15 \$ PILATES            12:30 \$ AGELESS GRACE            1:45–4:15 BADMINTON</p> 	<p><b>LIVE FITNESS</b> <b>10</b></p> <p>8:30–4:15 PING PONG            9:15 \$ ADVANCED FITNESS            10:15 \$ INTER/BEG FITNESS            10:30 <b>NO</b> NOW &amp; ZEN            11:15 \$ SITTERSIZE            12:30 \$ SCULPTING W/ WEIGHTS            1:45 BADMINTON</p>	<p><b>11</b></p> <p>9:15 \$ <b>NO</b> TAI CHI  <b>10:30 PHC LECTURE- Back Pain</b>            10:30 \$ YOGA            12:00 – 4:15 PING PONG  <b>12:30 \$ POUND, NEW SESSION</b>            1:45 \$ GET FIT</p>	<p><b>12</b></p> <p>8:30–4:15 PING PONG            9:15 \$ ADVANCED FITNESS            10:15 \$ INTER/BEG FITNESS            11:15 \$ SITTERSIZE            12:15 \$ YOGASIZE            1:30 BADMINTON</p> 
<p><b>15</b></p> <p>8:30 – 4:15 PING PONG            9:15 \$ ADVANCED FITNESS            10:15 \$ INTER/BEG FITNESS            11:15 \$ SITTERSIZE  <b>11:30-1:30-PERSONAL TRAINING, Weight Rm</b>            12:30 BODY GYM  <b>1:45 \$ B.E.S.T, NEW SESSION</b></p> 	<p><b>16</b></p> <p>8:30–4:30 PING PONG            9:15 \$ PILATES  <b>10:00–12:00-FREE BLOOD PRESSURE</b>            12:30 \$ AGELESS GRACE            1:45–4:15 BADMINTON</p>	<p><b>17</b></p> <p>8:30–4:15 PING PONG            9:15 VIDEO FITNESS            10:30 NOW &amp; ZEN            12:30 \$ SCULPTING W/ WEIGHTS            1:45 BADMINTON</p>	<p><b>18</b></p> <p>9:15 \$ <b>NO</b> TAI CHI  <b>10:00 – 1:00 PHC- VISION SCREENING</b>            10:30 \$ YOGA            12:30 \$ POUND            1:15 – 4:15 PING PONG  <b>1:45 \$ GET FIT, NEW SESSION</b></p>	<p><b>19</b></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><b>22</b></p> <p>8:30–4:15 PING PONG            9:15 \$ ADVANCED FITNESS            10:15 \$ INTER/BEG FITNESS            11:15 \$ SITTERSIZE            12:30 BODY GYM            1:45 \$ B.E.S.T</p>	<p><b>23</b></p> <p>8:30–4:30 PING PONG  <b>9:15 \$ PILATES, NEW SESSION</b>            10:30 \$ CHAIR YOGA            12:30 \$ AGELESS GRACE            1:30 \$ TAP DANCE            1:45–4:15 BADMINTON</p> 	<p><b>24</b></p> <p>8:30–4:15 PING PONG            9:15 VIDEO FITNESS            10:30 NOW &amp; ZEN            12:30 \$ SCULPTING W/ WEIGHTS            1:45 BADMINTON</p> 	<p><b>25</b></p> <p>8:30 – 4:15 PING PONG  <b>9:15 \$ TAI CHI, NEW SESSION</b>  <b>10:30 \$ YOGA, NEW SESSION</b>            12:30 \$ POUND            1:45 \$ GET FIT</p>	<p><b>26</b></p> <p>8:30–4:15 PING PONG            9:15 \$ ADVANCED FITNESS            10:15 \$ INTER/BEG FITNESS            11:15 \$ SITTERCISE  <b>12:15 \$YOGASIZE, NEW SESSION</b>            1:15 \$ ZUMBA            2:30 BADMINTON</p>
<p><b>29</b></p> <p>8:30–4:15 PING PONG            9:15 \$ ADVANCED FITNESS            10:15 \$ INTER/BEG FITNESS            11:15 \$ SITTERSIZE            12:30 BODY GYM            1:45 \$ B.E.S.T</p>	<p><b>30</b></p> <p>8:30–4:30 PING PONG            9:15 \$ PILATES            10:30 \$ CHAIR YOGA            12:30 \$ AGELESS GRACE            1:30 \$ TAP DANCE            1:45–4:15 BADMINTON</p>	<p><b>31</b></p> <p>8:30–4:15 PING PONG            9:15 VIDEO FITNESS            10:30 NOW &amp; ZEN  <b>12:30 \$ SCULPTING W/ WEIGHTS, NEW SESSION</b>            1:45 BADMINTON</p>	<p><b>JOIN A CLASS!</b>  <b>MUST HAVE MEDICALS ON FILE BEFORE ENROLLING</b></p> 	
				



**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**

