
















# September 2017 – Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>Active Adults Get Results Join A Class Today!!</b></p>		 <p><b>Now &amp; Zen with Jill</b>  <b>Deep Breathing, Meditation, Chanting &amp; Reiki</b></p> <p><i>Come get your Zen on!</i></p>	<p>8:30 – 4:15 GYM OPEN              8:30 – 4:15 PING PONG              9:15 – \$ ADVANCED FITNESS              10:15 – \$ INTER/BEG FITNESS              11:15 – \$ SITTERSIZE</p> 
<p><b>WE WILL BE CLOSED LABOR DAY</b></p>	<p>8:30 – 4:15 – GYM OPEN              8:30 – 4:15 – PING PONG              9:15 – \$ PILATES  <b>10:30 – \$ CHAIR YOGA, New Session</b>              12:30 – \$ AGELESS GRACE FITNESS  <b>1:30 – \$ TAP DANCE, New Session</b>              2:45 – 4:15 – BADMINTON</p>	<p><b>LIVE FITNESS</b></p> <p>8:30 – 4:15 – GYM OPEN              8:30 – 4:15 – PING PONG              9:15 – \$ ADVANCED FITNESS              10:15 – \$ INTER/BEG FITNESS              11:15 – \$ SITTERCIZE              12:30 – \$ SCULPTING WITH WEIGHTS              2:00 – 4:15 – BADMINTON</p>	<p>8:30 – 4:15 – GYM OPEN              8:30 – 4:15 – PING PONG              9:15 – \$ TAI CHI              10:30 – \$ YOGA              1:45 – \$ GET FIT</p> 	<p>8:30 – 4:15 GYM OPEN              8:30 – 4:15 PING PONG              9:15 – \$ ADVANCED FITNESS              10:15 – \$ INTER/BEG FITNESS              11:15 – \$ SITTERSIZE  <b>1:15 – \$ ZUMBA, New Session</b></p>
<p>8:30 – 4:15 – GYM OPEN              8:30 – 4:15 – PING PONG              9:15 – \$ ADVANCED FITNESS              10:15 – \$ INTER/BEG FITNESS  <b>10:00 to 12:00 – PERSONAL TRAINING, Weight Rm</b>              11:15 – \$ SITTERSIZE              12:30 – BODY GYM CLASS              1:45 – \$ B.E.S.T (BALANCE, STRETCH, TONING)</p> 	<p>8:30 – 4:15 – GYM OPEN              8:30 – 4:15 – PING PONG              9:15 – \$ PILATES              10:30 – \$ CHAIR YOGA              12:30 – \$ AGELESS GRACE FITNESS              1:30 – \$ TAP DANCE              2:45 – 4:15 – BADMINTON</p> 	<p>8:30 – 4:15 – GYM OPEN              8:30 – 4:15 – PING PONG              9:15 – VIDEO FITNESS              12:30 – \$ SCULPTING WITH WEIGHTS              2:00 – 4:15 – BADMINTON</p> 	<p>8:30 – 4:15 GYM OPEN              8:30 – 12:00 – PING PONG              9:15 – \$ TAI CHI              10:30 – \$ YOGA  <b>10:45 – PHC HEALTH LECTURE- PREVENTIVE CARDIOLOGY</b>              1:30 – 4:15 PING PONG              1:45 – \$ GET FIT</p>	<p>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</p> 
<p>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 (BALANCE, STRETCH, TONING)</p> 	<p>8:30 – 4:15 – GYM OPEN              9:15 – \$ PILATES  <b>10:45 – 11:45 PHC-BLOOD PRESSURE CHECK</b>              10:30 – \$ CHAIR YOGA  <b>12:30 – \$ AGELESS GRACE FITNESS, New Session</b>              12:30 – 4:15 PING PONG              1:30 – \$ TAP DANCE              2:45 – 4:15 – BADMINTON</p>	<p>8:30 – 4:15 – GYM OPEN              8:30 – 4:15 – PING PONG              9:15 – VIDEO FITNESS  <b>10:30 – NEW - NOW &amp; ZEN - NEW SESSION STARTS</b>              12:30 – \$ SCULPTING WITH WEIGHTS              2:00 – 4:15 – BADMINTON</p> 	<p><b>Rosh Hashanah</b></p> <p>8:30 – 4:15 GYM OPEN              8:30 – 4:15 PING PONG              9:15 – \$ NO TAI CHI              10:30 – \$ NO YOGA              1:45 – \$ NO GET FIT</p> 	<p><b>Rosh Hashanah</b></p> <p>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 – \$ NO ZUMBA</p>
<p>8:30 – 4:15 – GYM OPEN              8:30 – 4:15 – PING PONG              9:15 – \$ ADVANCED FITNESS              10:15 – \$ INTER/BEG FITNESS              11:15 – \$ SITTERSIZE  <b>11:30 to 1:30 – PERSONAL TRAINING, Weight Rm</b>              12:30 – BODY GYM              1:45 – \$ B.E.S.T (BALANCE, STRETCH, TONING)</p> 	<p>8:30 – 4:15 – GYM OPEN              8:30 – 4:30 – PING PONG              9:15 – \$ PILATES              10:30 – \$ CHAIR YOGA              12:30 – \$ AGELESS GRACE FITNESS              1:30 – \$ TAP DANCE              2:45 – 4:15 – BADMINTON</p> 	<p>8:30 – 4:15 – GYM OPEN              8:30 – 4:15 – PING PONG              9:15 – VIDEO FITNESS              10:30 – NOW &amp; ZEN              12:30 – \$ SCULPTING WITH WEIGHTS              2:00 – 4:15 – BADMINTON</p>	<p>8:30 – 4:15 GYM OPEN              8:30 – 4:15 – PING PONG              9:15 – \$ TAI CHI              10:30 – \$ YOGA              1:45 – \$ GET FIT</p> 	<p>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</p>

