

September 2019 – Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Senior Center Closed 2</p> 	<p>3</p> <p>8:30–4:30 PING PONG 9:15 \$ PILATES 10:30 \$ NO CHAIR YOGA 12:30 \$ NO AGELESS GRACE 1:45 BADMINTON</p> 	<p>4</p> <p>8:30–4:15 PING PONG 9:15 VIDEO FITNESS 12:30 \$ NO SCULPTING W/ WEIGHTS 1:45 BADMINTON</p> 	<p>5</p> <p>8:30 – 4:15 PING PONG 9:15 \$ NO TAI CHI 10:30 \$ NO YOGA 12:30 \$ NO POUND 1:45 \$ NO GET FIT</p> 	<p>6</p> <p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 BADMINTON</p>
<p>9</p> <p>9:15 \$ ADVANCED FITNESS 10:00-12:00–PERSONAL TRAINING 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 \$ NO BOLLYX 1:30 – 4:15 PING PONG 1:45 \$ B.E.S.T, NEW SESSION</p> 	<p>10</p> <p>8:30–4:30 PING PONG 9:15 \$ PILATES 10:30 \$ CHAIR YOGA, NEW SESSION 12:30 \$ AGELESS GRACE, NEW SESSION 1:30 \$ TAP DANCE, NEW SESSION 2:45 BADMINTON</p> 	<p>11</p> <p>8:30–4:15 PING PONG 9:15 VIDEO FITNESS 12:30 \$ SCULPTING W/ WEIGHTS, NEW SESSION 1:45 BADMINTON</p>	<p>12</p> <p>9:15 \$ TAI CHI, NEW SESSION 10:30 PHC LECTURE- Osteoporosis 10:30 \$ YOGA, NEW SESSION 12:30 \$ POUND, NEW SESSION 12:30 – 4:15 PING PONG 1:45 \$ GET FIT, NEW SESSION</p>	<p>13</p> <p>8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:15 \$ YOGASIZE, NEW SESSION 1:15 \$ ZUMBA, NEW SESSION 2:30 BADMINTON</p>
<p>16</p> <p>8:30 – 4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 \$ BOLLYX, NEW SESSION 1:45 \$ B.E.S.T</p>	<p>17</p> <p>9:15 \$ PILATES 10:00–12:00 FREE BLOOD PRESSURE 10:30 \$ CHAIR YOGA 12:30–4:30 PING PONG 12:30 \$ AGELESS GRACE 1:30 \$ TAP DANCE 2:45 BADMINTON</p>	<p>18</p> <p>8:30–4:15 PING PONG 9:15 VIDEO FITNESS 10:30 NOW & ZEN, NEW SESSION 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON</p> 	<p>19</p> <p>8:30 – 4:15 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 12:30 \$ POUND 1:45 \$ GET FIT</p> 	<p>20</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>23</p> <p>8:30 – 4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 11:30-1:30–PERSONAL TRAINING 12:30 \$ BOLLYX 1:45 \$ B.E.S.T</p> 	<p>24</p> <p>8:30–4:30 PING PONG 9:15 \$ PILATES 10:30 \$ CHAIR YOGA 12:30 \$ AGELESS GRACE 1:30 \$ TAP DANCE 2:45 BADMINTON</p> 	<p>25</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>26</p> <p>8:30 – 4:15 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 12:30 \$ POUND 1:45 \$ GET FIT</p> 	<p>27</p> <p>8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERCISE 12:15 \$ YOGASIZE 1:15 \$ ZUMBA 2:30 BADMINTON</p> 
<p>30</p> <p>8:30 – 4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 \$ BOLLYX 1:45 \$ B.E.S.T</p>		<p>JOIN A CLASS!</p> <p>MUST:</p> <ul style="list-style-type: none"> * HAVE MEDICALS ON FILE *WEAR PROPER ATTIRE * HAVE BEEN TRAINED <p>BEFORE ENROLLING</p>		<p>Gym Open Daily 8:30am – 4:15pm MEDICALS MUST BE ON FILE, UPDATED EVERY 2 YEARS & BEEN TRAINED BEFORE USING GYM</p>