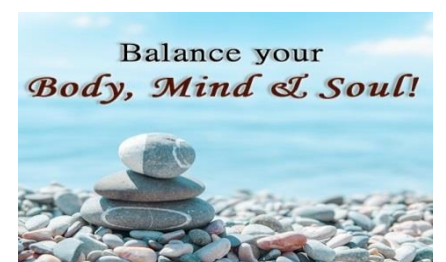


September 2018 – Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Senior Center Closed 3</p> 	<p>4</p> <p>8:30–4:15 PING PONG 9:15 \$ PILATES, NEW SESSION 10:30–4:15 BADMINTON</p> 	<p>LIVE FITNESS 5</p> <p>8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 \$ SCULPTING W/ WEIGHTS, NEW SESSION 1:45 BADMINTON</p>	<p>6</p> <p>8:30 – 4:15 PING PONG 9:15 \$ NO TAI CHI 10:30 \$ YOGA, NEW SESSION 12:30 \$ POUND 1:45 \$ GET FIT</p>	<p>7</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 1:30 BADMINTON</p>
<p>10</p> <p>8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 NO BODY GYM 1:45 \$ B.E.S.T</p>	<p>11</p> <p>8:30–4:15 PING PONG 9:15 \$ PILATES 10:30–4:15 BADMINTON</p> 	<p>12</p> <p>8:30–4:15 PING PONG 9:15 VIDEO FITNESS 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON</p> 	<p>13</p> <p>9:15 \$ NO TAI CHI 10:30 PHC LECTURE- Joint Replacement 10:30 \$ YOGA 12:00 – 4:15 PING PONG 12:30 \$ POUND 1:45 \$ GET FIT</p>	<p>14</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>17</p> <p>8:30 – 4:15 PING PONG  9:15 \$ ADVANCED FITNESS 10:00-12:00–PERSONAL TRAINING, Weight Rm 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 BODY GYM, NEW SESSION 1:45 \$ B.E.S.T</p>	<p>18</p> <p>8:30–4:30 PING PONG 9:15 \$ PILATES 10:00–12:00-FREE BLOOD PRESSURE 10:30–4:15 BADMINTON</p> 	<p>19</p> <p>8:30–4:15 PING PONG 9:15 VIDEO FITNESS 12:30 \$ NO SCULPTING W/ WEIGHTS 1:45 BADMINTON</p>	<p>20</p> <p>8:30 – 4:15 PING PONG 9:15 \$ NO TAI CHI 10:30 \$ YOGA 12:30 \$ POUND 1:45 \$ GET FIT</p> 	<p>21</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, NEW SESSION 2:30 BADMINTON</p>
<p>24</p> <p>8:30–4:15 PING PONG  9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:30-1:30–PERSONAL TRAINING, Weight Rm 11:15 \$ SITTERSIZE 12:30 BODY GYM 1:45 \$ B.E.S.T</p>	<p>25</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>26</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>27</p> <p>8:30 – 4:15 PING PONG 9:15 \$ NO TAI CHI 10:30 \$ YOGA 12:30 \$ POUND 1:45 \$ GET FIT</p>	<p>28</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>Don't get locked out of your favorite fitness classes... CHECK YOUR CLASS LIST FOR THE SIGN UP</p> 			<p>JOIN A CLASS! MUST HAVE MEDICALS ON FILE BEFORE ENROLLING</p> 	<p>Gym Open Daily 8:30am – 4:15pm MUST HAVE MEDICALS ON FILE AND BEEN TRAINED BEFORE USING GYM</p>



Balance your
Body, Mind & Soul!